



## Fancy being a market trader?

Why not give it a go – you can try out a stall for just £10 a day

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## What's cooking at Crisp St?

Residents go On Air to share their views

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## Party time at Tarling East

THCH hosts event to celebrate Bengali New Year

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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Queen's Award for Bow businessmen

## TEA FOR THREE



RESIDENTS celebrated St George's Day with a traditional tea dance on April 23 at the Brady Arts Centre in Whitechapel.

The popular free annual event hosted by the council attracted many new faces and drew in regulars who cite it as a highlight in their social calendar. More than 100 residents – including Patricia McCarthy (left) and friends – went along and enjoyed the music, dancing and refreshments.

BY JESSICA ODUBAYO

**TWO businessmen who have been working together for 20 years, with a shared passion for producing high-quality clothing for international markets, have won the Queen's Award for Enterprise 2014.**

Mamun Chowdhury and Rob Huson, co-founders and directors of London Tradition in Bow, started production in a small factory on the site of what is now Olympic Park land.

The company's innovation led to the development of one of their signature garments – the Heritage Duffle Coat.

And last week, the company announced that it has won the Queen's Award – the highest accolade that a UK business can receive – in recognition of its outstanding growth and commercial success in the last six years.

Announced on the Queen's birthday, April 23, the award acknowledges companies that have made an outstanding contribution to the British economy.

Growing at a rate of 33 per

cent a year, London Tradition has made a significant input to the area's economic regeneration, employing more than 100 people and creating new jobs.

Based in a spacious factory and design studio in Wallis Road by the River Lea, the company has built up a highly specialised team of craftspeople using traditional methods. Every coat is hand-finished, hand-cut and made from luxury Italian or English wool cloth.

Mr Chowdhury, who came to the UK from Bangladesh and

has lived in Poplar for more than 21 years, told East End Life he was extremely pleased to receive the award.

"We design and manufacture high-quality, modern heritage coats for young urban consumers from Tuscany to Tokyo. Ninety per cent of our clients are outside of the UK. They want British culture with an international style – the 'made in Britain' guarantee is at the heart of our continued success," he said.

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A great day for art  
“The day couldn’t have gone any better.  
We look forward to seeing more  
artists during the summer holidays.”

ARTIST CHRISTINE KATHLEEN



## Join in the fun at Mile End Park

The Southern Grove Centre runs a variety of events on Monday, Wednesday and Thursday as well as a PATH play session from 12 noon on Saturdays. For more details on activities in the area, visit

FACEBOOK PAGES: GREETINGS FROM MILE END AND CHRISTINE KATHLEEN ART

## News

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eastendlife  
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Daisy art Photos by Angelaine Doherty



Stone circle at Eric Street Cow Garden



Mia and little people in a tree trunk

BY LARAIN CLAY

### PIECES of art were popping up around Mile End as residents became artists for the day.

They were invited to take part in Mile End Art Outside, a land art project organised during the Easter holidays with Southern Grove Centre and East End Homes, to encourage the community to get creative.

They got to create pieces of temporary art around the area for other residents to enjoy, many of whom complimented the features as they passed by.

Artists of all ages took part and were given a bag of equipment and materials before they set off on the art trail.

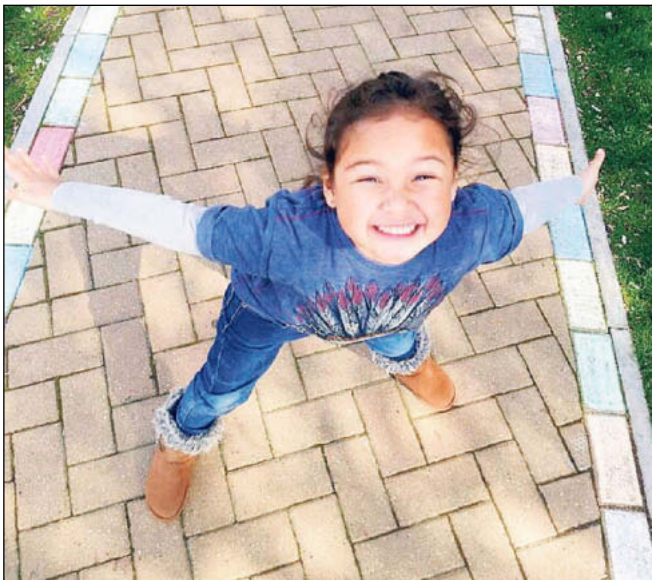
They were also encouraged to use natural materials, such as stones, twigs, leaves and daisies, to create their art pieces.

The trail started at Eric Street Cow Garden and continued along Hamlets Way, Southern Grove and Maplin Street – even the pathway outside Derwent House was given a bright and colourful makeover.

The day was organised by Penny Wilson and led by artist and creative educator Christine Kathleen.

Christine said: “The day couldn’t have gone any better. The sun was shining, we had a great turnout and all the art looked

# Art for art’s sake



(Above) Four-year-old Mia, who helped colour the pavement (Below) Aisha, 9, and Isa, 5, with their art piece



amazing. We look forward to seeing more artists at the Mile End Art Outside land art project during the summer holidays.” To see more photos, visit the Instagram page @SGC\_E3.



(Top) Eric Street Cow Garden (Above) Artist Christine Kathleen

## Inside this week’s issue

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**eastendlife**  
NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

**Queen’s Award for Bow businessmen**

**What’s cooking at Chirp?**

**Party time at Tarring East**

**City Sell your property in 30 days**





## Not just any old coats

Every coat produced by London Tradition is hand-finished. The process demands skill and experience and the company has a team of craftspeople – most of whom live in Tower Hamlets.

SEE BELOW

## Steer clear of rogues

To get local cab numbers text CAB to 60835. For more information on the Met's cabwise campaign visit...

WWW.TFL.GOV.UK/CABWISE

### News

# Cab crook forfeits £11,000

BY STAFF REPORTER

**AN unlicensed minicab driver, who earned £11,000 while touting, has forfeited his earnings, following a police investigation.**

Mustafa Ahmed, 28, of Saxon Road, Bow, was convicted of touting in 2009 and had his Private Hire Vehicle licence revoked by Transport for London.

In October 2012 he came to the attention of the Metropolitan Police Safer Transport Command's payback unit after he was identified as continuing to operate as a minicab driver, even though his licence had been revoked three years earlier.

He was arrested in November 2012 on suspicion of money laundering after he was found

in possession of £5,000. A further £13,000 was seized after officers searched his home address.

Police began civil proceedings under the Proceeds of Crime Act against Ahmed, as they believed the money was earned while he worked illegally.

Last Wednesday, April 23 at Westminster Magistrates' Court, police successfully argued that

£11,000 of the money seized was the proceeds of touting, which resulted in the court ordering it to be forfeited.

■ Police advise residents to never approach a minicab on the street or accept a fare – they are acting illegally if they pick up passengers without being booked, even if they are licensed by Transport for London.

Only black cabs can pick up

passengers without a booking.

When travelling by minicab, always book with a licensed operator and when it arrives, check it is for you by getting the driver to confirm your booking details. Always sit in the back.

To get local minicab numbers text CAB to 60835

Visit [www.tfl.gov.uk/cabwise](http://www.tfl.gov.uk/cabwise) for more information on the Met's cabwise campaign.

### News in brief

#### Tube strike called

TRANSPORT trade union the RMT has called five days of strike action in response to plans to modernise the Tube.

If the strikes go ahead, services are likely to be affected from 9pm on Monday, April 28 until midnight on Wednesday, April 30.

A second walkout is also planned from 9pm on Monday, May 5 until Thursday, May 8.

Visit [www.tfl.gov.uk/futuretube](http://www.tfl.gov.uk/futuretube) for further information about how the Tube service is affected.

#### Workers' tribute

CONSTRUCTIONS workers killed or injured at work will be remembered at an event this Monday, April 28.

Held on International Workers Memorial Day, it will include wreath laying at the building workers' statue, next to the Tower of London.

The event will start at 10.30am.

#### New drugs helpline

A NEW free telephone helpline has been launched by the council for residents having problems with drugs or alcohol abuse.

It will operate 24 hours a day, 365 days a year and callers will be offered crisis advice and information about support services.

The freephone number is 0800 389 4442.

# Queen's Award for Bow coat company

Continued from page 1

Mr Huson added: "The Queen's Award is a significant achievement for London Tradition and our whole team.

"We are proud of being part of the revival of Britain's long-standing heritage in clothing manufacturing.

"Being able to carry the Queen's Award emblem will attract new customers and strengthen our position as a leading British heritage brand."

As well as attending a palace reception in July with the Queen in recognition of the award, London Tradition will be hosting a ceremony at their premises to receive the Queen's Award trophy from one of her majesty's representatives.

The award is given on the advice of the Prime Minister, who is assisted by an advisory committee including representatives of government, industry and commerce.

Rob Huson and Mamun Chowdhury, in their factory and design studio



# Field of ten in the race to be mayor

**TEN candidates are standing for the post of mayor of Tower Hamlets in the elections on May 22.**

Nominations closed last Thursday, April 24 for the elections for mayor, the council and the European Parliament.

A total of 204 candidates are standing for election as one of 45 councillors, for the 20 new wards in the borough.

Seventeen parties registered their interest for eight London region members of the European Parliament.

The full list of candidates can be found at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

■ There is still time to register to vote – the deadline is Tuesday, May 6. For information on postal and proxy votes, see page 9.

# Fire caution plea

**LONDON Fire Brigade is asking people to take steps to prevent fires during industrial action planned by the Fire Brigades' Union over the bank holiday weekend.**

Strike action over pension scheme reforms is due to take place on Friday, May 2 between noon and 5pm; Saturday, May 3 between 2pm and 2am; and Sunday, May 4 between 10am and 3pm.

There will also be a ban on

voluntary overtime from 3pm on May 4 until noon on Friday, May 9.

London Fire Commissioner Ron Dobson said contingency arrangements would be in place although members of the public are urged to take extra care to prevent fires from starting.

These include checking your smoke alarm to make sure it works, planning an escape route and taking extra care when cooking or smoking. Only dial 999 in a genuine emergency.

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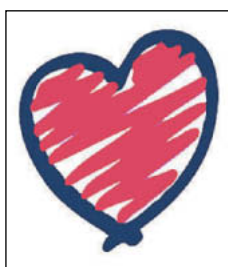




# Chrisp Street On Air

Chrisp Street Market has been On Air with loads of events and the chance for residents to have their say.

SEE PAGES 18 & 19



## Celebrating markets

Love Your Local Market is a celebration of market culture for a fortnight every May. Started in 2012, last year 700 markets took part across the UK.

[WWW.NABMA.COM/YOUR-LOCAL-MARKET](http://WWW.NABMA.COM/YOUR-LOCAL-MARKET)

### Feature

No other London borough offers such a choice of vibrant and contrasting markets as Tower Hamlets. And as spring arrives, with hotter weather just around the corner, the borough's markets are buzzing, as **Poppy Turner** reports.

# Join the buzz of market life for £10

**NEXT month, the council will call on new traders and budding entrepreneurs to try out a market stall for just £10 per day as part of the Love Your Local Market fortnight, which runs from May 14-28.**

Led by the National Association of British Market Authorities (NABMA), approximately 700 local markets all over the country are getting involved in celebrations to attract shoppers, help new start-ups and boost enterprise.

Trevor Kennett, head of markets at the council, said: "If you would like to try running a market stall, or have a great business idea and want to find out if there is demand for your product, then this is your opportunity to get involved."

"We hope this fantastic opportunity will encourage budding entrepreneurs and new traders to try their hand at operating a low-cost business at the market. As part of the scheme, the markets team is offering new traders the opportunity to try out a market stall for just £10 per day."

The markets offering the scheme are:

- **Bethnal Green Road, Chrisp Street Roman Road Square and Watney Street** – Monday to Saturday
- **Roman Road** – Tuesday, Thursday & Saturday
- **Petticoat Lane** – Monday to Friday and Sunday
- **Brick Lane, Cheshire Street and Sclater Street** – Sunday.

The council manages ten street market areas operating seven days a week, and is seeking new traders for limited spaces

across the majority of them. People interested in becoming permanent market traders in the borough outside of the Love Your Local Market scheme can access spaces at Whitechapel Road market as well as those mentioned above.

Contact the markets team on [streetmarkets@towerhamlets.gov.uk](mailto:streetmarkets@towerhamlets.gov.uk) or call 7364 1717/1707/1708.

For more information, visit [www.towerhamlets.gov.uk/markettraders](http://www.towerhamlets.gov.uk/markettraders) or [www.loveyourlocalmarket.org.uk](http://www.loveyourlocalmarket.org.uk)



**Pat Thorpe,**  
Bethnal Green Road market



**Abdul Alim,**  
Watney Street market



**Mark Gevaux,** Wentworth Street market. Brick Lane on Sundays



**How long have you been a market trader?**  
About 30 years.

**What made you want to be a market trader?**

I liked the idea of being my own boss and the independence it would give me. This was especially important to me as I had two little children at the time.

**What do you sell on your stall?**

All the top fragrances – nothing but the best. All my stock comes from the States. I sell 400 to 500 different fragrances and it would be hard to pick a best one.

**What are the good aspects of being a market trader?**

Definitely being your own boss and the independence it gives you. Also, companionship – I've got a lot of love and respect for the boys and girls I work with – we all try to help each other.

**What are the downsides?**

There are lots of thieves about, and when you sell something high value like I do, you can be an easy target, so you have to guard against that. Also it can be quite a hard physical job for women, what with all the loading and unloading

**What advice would you give to people considering becoming market traders?**

You need to have sufficient stock to make the stall look proper. If it looks paltry and shabby it's not going to work. Also you should try to find a niche product that no-one else is selling.



**How long have you been a market trader?**  
Nearly five years.

**What do you sell on your stall?**

I started off selling fruit and vegetables, but after six months I decided to change to selling long dresses and scarves. Muslim ladies like the scarves I sell.

**What are the good things about being a trader?**

The best thing is that my customers like the clothes I'm selling. And I'm looking forward to the summertime, when more people will come to the market and it will be full of customers.

**What are the downsides?**

The rain and wind in the winter months, which mean no customers come, and that can be boring too. But when it's like that I try to think about what it's like when the weather is good – the summer months get you through the winter months.

**What advice would you give to people considering becoming market traders?**

Make sure you have lots of stock and you display it in an attractive way. It's really important if you are going to attract customers.



**How long have you been a market trader?**  
Eight years.

**What made you want to be a market trader?**

I grew up around markets. I'm a butcher by trade, but in my thirties I lost my leg in a car crash, which meant I couldn't work as a butcher anymore. I love what I'm doing, and the brand's getting quite big now.

**What do you sell on your stall?**

Slow-cooked baby back ribs. We cook them overnight until the meat's falling off the bone – then serve the meat up in bread rolls with our own BBQ and spicy sauces. Our sauce recipes are really successful, and we're making them up and sending them all over the world through [www.theribman.co.uk](http://www.theribman.co.uk)

**What are the good things about being a trader?**

Being outside. I could never work in an office. I get to earn my money while socialising with different people from all over the world – I love being able to do that.

**What are the downsides?**

When it's snowing, windy, rainy and no-one's around you can actually lose money. But you make up for it on sunny days, when you have a constant queue of people.

**What advice would you give to people considering becoming market traders?**

Keep it simple. Don't get nervous and think you have to cater for everyone. Choose one thing to sell, make sure it's something you're passionate about, and do it well.



### Become a market trader in Tower Hamlets

The markets team is seeking new traders to join markets in Brick Lane, Petticoat Lane, Whitechapel Road, Bethnal Green Road, Chrisp Street, Roman Road, Roman Road Square and Watney Street.

They are particularly looking for farmers market and vintage clothing stalls, flower sellers, and coffee and cake stalls, as well as people to sell baby clothes, gifts, cards and balloons, men's fashionwear, bikes, and arts and crafts.

■ Judy's affordable vintage market will be moving to Brick Lane on May 25, initially with 40 stalls.

Founded in 2005 by celebrity stylist Judy Berger, the formula for the fair is a simple one – source exciting vintage traders from all over the UK, check they are affordable, make sure they have eclectic vintage stock and gather them together for a day.

Find Judy's Vintage Fair on Facebook or Twitter.





## Keeping the wheels turning

The Bike Recycle scheme run by youth engagement charity Streets of Growth was named the Best Cycling Initiative for Young People by the London Cycling Campaign in 2010.

[WWW.STREETSOFGROWTH.ORG](http://WWW.STREETSOFGROWTH.ORG)

## Part-time learning

Birkbeck, University of London provides part-time higher education courses in a wide range of subjects.

[WWW.BBK.AC.UK](http://WWW.BBK.AC.UK)

### News



LIFE'S in motion for Arthur Hyam after he won British Young Juggler of the Year. The 20-year-old from Mile End, who took up juggling six years ago, competed against nine people in Dalton, North Yorkshire on April 14. "I juggled three diabolos. My flow and technique were unique and I got the crowd and judges' vote," Arthur told East End Life.

He has been offered work at a festival and is hoping for more opportunities. He added: "Winning came as quite a shock, but my mum and members of my juggling club – Spinning@, based in Brick Lane – are really proud of my achievement." Arthur runs workshops and performs at events and parties. Email [arthurhyammicro](mailto:arthurhyammicro)

@hotmail.com, visit [www.facebook.com/ArthurDiabolo](http://www.facebook.com/ArthurDiabolo) or go to [www.youtube.com/user/ArthurHyam](http://www.youtube.com/user/ArthurHyam) to watch him in action.

Photo by Luke Burrage

# Cops hand 200 bikes to charity

BY JACQUELINE HARTHILL

**MORE than 200 unclaimed bicycles have been donated by the police to three different charities.**

Despite efforts to reunite the bikes with their rightful owners, a large number remained at Bethnal Green police station and the borough commander Dave Stringer agreed they could be given to charity.

About 80 bicycles were donated to Streets of Growth in Poplar, where people on its Bike Recycle project can refurbish the them, and even keep one for themselves.

Darren Way, founder of Streets of Growth, said: "Young people on our programme build bikes to improve carbon emissions in their neighbourhood and for overcoming the stigma of postcode gang."

"It also helps young adults with a mode of transport to and from job interviews and work."

Another 80 bikes were given



Members of Bikeworks

to Motorvations Project in Dagenham and a further 80 to GetMoreBikes in Islington. Both organisations refurbish bicycles.

PC Mark Acott, from Tower Hamlets Safer Transport team, said: "It is disappointing that our enquiries were unable to reunite these bikes with their owners. "Many owners are unaware of their cycle frame number, which can be recorded on sites such as BikeRegister."

Registering a bike helps police and retailers identify the legitimate owner if it is stolen.

The Met's Cycle Task Force regularly hold stalls offering advice as well as free security marking and registration on to BikeRegister's online database

### News in brief Landscape lecture

A SERIES of free talks on the changing landscape of east London starts on Saturday, May 3.

Birkbeck, University of London and Fundamental Architectural Inclusion will host the talks at University Square Stratford.

The first event will look at Olympic cities, their history, and the new spaces of east London. It will begin with a talk by Dr Leslie Topp, senior lecturer in history of architecture at Birkbeck, about the impact of Olympic and Paralympic Games on their host cities.

Kay Hughes will give an informal guided tour of the Queen Elizabeth Olympic Park and talk about her experiences as head of design at the Olympic Delivery Authority.

More details at [www.bbk.ac.uk/events-calendar](http://www.bbk.ac.uk/events-calendar)

### Back Ability Bow

A BOW charity is asking residents to help it secure a £500 donation by placing a vote at a branch of building society Nationwide.

Ability Bow, a specialist gym which supports people with a disability or health condition, is taking part in Nationwide's Community Match scheme.

Customers who visit a local branch can ask for a plastic token and vote by placing it in the Ability Bow display box.

## Bomb victims show support

**MEMBERS of a support group for victims of the IRA bombing at South Quay station in 1996 were invited to a memorial service for PC Yvonne Fletcher, who was shot and killed outside the Libyan embassy 30 years ago.**

PC Fletcher was fatally wounded during a protest outside the embassy in St James's Square, central London in 1984.

Jonathan Ganesh and Joyce

Brow of Victims of the Docklands Atrocity (DVA) and Ihsan Bashir, whose brother Inam was killed in the explosion, attended a memorial service held in St James's Square on April 17.

Nobody has been convicted of PC Fletcher's murder.

After the service, Mr Bashir said: "This brave young woman was a credit to the Metropolitan Police and her community. I hope the police can one day bring her killers to justice."

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# Out of Africa

The Daneford Trust was founded in 1982 after Daneford school took part in an exchange with African schools.

DANEFORDTRUST.ORG



# A day to remember

"This was an amazing experience for my son and I would like to thank the organisers for doing a fantastic job and giving young people with disabilities the platform to express themselves."

LIVING WITH AUTISM GROUP PARENT

## News

### News in brief



Philip and Emily Cox

### Wedding favour for Tube disaster memorial

WHEN Bethnal Green couple Philip and Emily Cox were married last month, instead of handing out wedding favours to their guests, they gave a long lasting gift to the area where they live.

The couple gave a donation to the Bethnal Green Tube disaster memorial fund and told their guests about the disaster appeal.

Mr and Mrs Cox first met members of the Stairway to Heaven Memorial Trust at an open weekend two years ago, and were impressed with what they learnt about the campaign.

The trust is building a memorial in Bethnal Green Gardens, in honour of 173 people who lost their lives as a result of a crush at the Tube station when it was being used as an air raid shed shelter during World War II.

Sandra Scotting, secretary and trustee of the trust, said: "We were delighted with the donation and thrilled to see the lovely photos of Philip and Emily's special day. We thought it was a really super thing to do and thank them very much."

For further information visit [www.stairwaytoheavenmemorial.org](http://www.stairwaytoheavenmemorial.org)

### Poplar's got talent

FIFTEEN acts and 21 performers between the ages of six and 26 took part in the launch of a talent show.

The All Stars show was held at St Matthias Community Centre in Poplar.

The event is based on an American initiative, which offers educational and performing arts activities for minority young people from poorer backgrounds.

It sponsors community and experimental theatre, develops leadership training and pursues volunteer initiatives.

Before the show, organiser Chantelle Burley and volunteers led workshops and spoke to participants about how they view their community.

### Gift for volunteer trust

STAFF from a youth charity in Bethnal Green were presented with a cheque for more than £6,500 when they visited a law firm.

Tony Stevens, founder of the Daneford Trust, and volunteer Ayodele Bandele visited the offices of Leigh Day on April 11 to talk about the trust.

Staff raised the money to mark the firm's 25th anniversary.

The trust helps young people living in London to raise money from sponsors so that they can travel to developing countries as volunteers.

Many of the project participants have never travelled outside London before.

The trust has developed relationships with schools and community groups across London and in Africa, Asia and the Caribbean.

Its projects include education,



Ben Croft, Ayodele Bandele and Tony Stevens

mentoring, youth work, community work, health and social care.

Ayodele, who recently spent eight months working in St Vincent in the Caribbean, spoke to staff about his work and how it had opened his eyes to the plight of disabled people living in developing countries.

Visit <http://danefordtrust.org> for further information.



Paul Cook and Shahjahan Miah

### 100-mile Thames run

TWO council workers will be running the 100-mile Thames Path Challenge, from Richmond to the centre of Oxford this weekend, May 3 and 4.

Paul Cook and Shahjahan Miah, who both work in the council's drug

intervention programme in Bethnal Green, have been running together for 13 years.

Both have run various events including marathons and last year tackled all 70 miles of Hadrian's Wall

This year they felt that they wanted to "up the challenge", as Paul explained: "We're aiming to complete the Thames Path 100 in 24 hours. We both felt that we wanted to extend ourselves."

Shahjahan will be raising money to help buy a building for the Noor Uddeen Academy, an Islamic education centre in Poplar, and has set himself a target of £20,000 – his website is [www.justgiving.com/runforNUA](http://www.justgiving.com/runforNUA)

Paul is raising money for the African Prisoners' Project. He said: "The charity works to rehabilitate and empower prisoners towards positive change. £100 will provide a teacher for a month in an African prison."

Go to [www.africanprisons.org](http://www.africanprisons.org) to donate.

### Photo competition

BUDDING young photographers are reminded they can take part in a photography competition organised by Oxford House in Bethnal Green.

As part of the Chelsea Fringe Festival at the centre, young children up to age 11 are invited to send in photos of wild flowers, weeds and plants found in unexpected places.

Send your prints to Oxford House, Derbyshire Street, London, E2 6HG with your contact details and with the location of each photo written on the back.

The competition closes on May 16 and winners will be announced at Oxford House at 4pm on May 22. For further details visit [ohwildlings.wordpress.com/competition](http://ohwildlings.wordpress.com/competition).



Four of the young drivers  
Youngsters go karting

AN Easter holiday outing to a go-karting track in Mile End gave a group of young people with special educational needs their first taste of being behind the wheel.

Living with Autism, which supports young people with autism and Asperger's, organised the event on April 12.

Extra staff were on hand at Revolution Karting, in Burdett Road, to help the group and some of the karts were controlled remotely to adapt to the abilities of the driver.

After an hour's driving, the group received medals on the podium.

LWA is now planning to deliver a stress resilience training programme in June for parents of children with autism or disabilities.

For more details call Emma Shakir on 07912 499700 or email [info@livingwithautism.org](mailto:info@livingwithautism.org)



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opportunity in  
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## Benefits to playing generation game

"Some of the children may not have grandparents and our volunteers provide a chance for them to mix with someone from a different background and generation."

MARIA HALL, INTERGEN CO-ORDINATOR

## Go on, get involved!

Older people interested in getting involved with Intergen and sharing their skills with young people...

EMAIL [MARIA.HALL@INTERGEN.ORG.UK](mailto:MARIA.HALL@INTERGEN.ORG.UK)

### News

# Be young, be foolish but be happy!

## Project passes on older people's skills to borough's young learners

BY JESSICA ODUBAYO

**ASK pensioners Vi, Christine and Sheila for some of their secrets to staying young at heart and one of their responses will probably be interacting and communicating with the younger generation.**



They take part in a volunteering scheme which brings older and younger people together in schools to enrich learning opportunities.

As well as sharing the untapped skills and knowledge that older residents have to offer, the project helps address the problems of isolation among older people at the same time as underperformance among some pupils.

The Bethnal Green based scheme Intergen works with a cluster of schools – Morpeth, Bangabandhu and Bonner – and recruits older volunteers to share skills with pupils such as reading, knitting, carom and cycling.

Ben Bolt, service manager for Intergen, told East End Life how the scheme brings generations together and helps build communities.

Maria Hall, a retired council officer and now co-ordinator at Intergen, is responsible for recruiting volunteers.

"People who have newly retired may need a new interest to prevent boredom and isolation," she said.

"Some of the children may not have grandparents and our volunteers provide a chance for them to mix with someone from a different background and generation.

"On the other hand, the volunteers gain confidence from getting out of their homes



**I re-live my childhood – it brings back memories of growing up."**

Vi Davis, climbing above and mixing with younger people. And for those who do not have grandchildren, it gives them another outlook on life."

Vi, who listens to pupils' reading and helps with social history projects, said volunteer-

**Volunteers Christine Russell and Vi Davis enjoy playtime at Bangabandhu Primary School (left and above)**

ing makes her feel young again.

"I re-live my childhood through the children and it brings back memories of growing up," Vi said.

Sheila, a new volunteer who does not have children or grandchildren of her own, said she is happy to help pupils with their reading and if this helps them go on to further education she will feel rewarded.

Peter, who volunteers at Morpeth, helped put a jazz band together at the school and Abdul Kalam regularly visits Bangabandhu to teach carom board game skills.

Intergen welcomes people over 50. Email [maria.hall@intergen.org.uk](mailto:maria.hall@intergen.org.uk)

## Would you like to run your own successful business?

Becoming an Instructor of a Kumon maths and English study centre will give you the job satisfaction and control you've been looking for. Kumon provides support and training to build a successful career running your own business.

**Come along to our information session to find out more:**

**Sunday 18 May - Holiday Inn London - Stratford City, London**

**Call 0800 988 6578 or visit our website to book your place.**



[kumon.co.uk/franchise](http://kumon.co.uk/franchise)

**KUMON**





## Local boy done good

Surgeon Shafi Ahmed attended a local comprehensive school. His father, after moving from Bangladesh, owned a travel agent opposite the Royal London – where Mr Ahmed now works.

SEE BELOW

## Useful information

# Film focus set to calm MRI nerves

### News from Barts Health NHS Trust

**HAVING a scan at the Royal London Hospital could soon become almost enjoyable thanks to an ingenious device that allows patients to watch a movie during treatment.**

The device was purchased thanks to a £15,000 grant by charity the Friends of the Royal London.

The film is projected from a wall onto a mirrored pair of glasses worn by the patient inside the scanner. Sound is played through a set of headphones.

It has been shown that patients who become nervous or claustrophobic while undergoing a scan, find the distraction of watching a film soothes their nerves, and avoids the need for medication to relax them.

It is essential for people to lie still during their scan inside the tunnel-shaped scanner in order to produce a clear image and the sensation of claustrophobia can make this very difficult.

Specialist registrar in radiology Charlotte Roberts explained: "Using general anaesthetic and sedation can carry a risk for patients so it is fantastic that we can now offer watching films as a safer alternative to help people relax, as well as making the experience more welcoming for children."

Chairman of Friends of the Royal London Hospital Dr Anthea McEwan said: "It is fantastic that our fundraising efforts have enabled us to provide the hospital with such an important piece of new technology. We are proud to support the radiology team in improving the experience for their patients."

The charity is looking to recruit more volunteers, affectionately known as 'trolley dummies', to give a few hours of their week to take a trolley containing everyday essentials around the wards and provide

a friendly chat to patients, brightening their day.

To find out more, call Honor Cousens on 7249 9744 or email [HonorCousens@live.co.uk](mailto:HonorCousens@live.co.uk)

## Surgeon aims high

**A BARTS Health surgeon at the Royal London Hospital has become the youngest person ever to be elected onto the prestigious Council of the Royal College of Surgeons of England.**

Shafi Ahmed, 45, is also the only current member of the council from an ethnic minority.

Voted for by his peers, Mr Ahmed joins 23 elected members on the council which provides comment on government policy and supports the education, training and governance of all surgeons across England and Wales.

Mr Ahmed, colorectal cancer lead at Barts Health NHS Trust, said: "At a time of many changes in surgical practice, it is a powerful opportunity to speak on behalf of Barts Health and represent views and experiences of colleagues and local people at a national level and continue to drive forward improvements in care."

Mr Ahmed has strong links to the area, having attended a local comprehensive school and spent his entire surgical career in north east London. His father, after moving to London from Bangladesh, also played an active role as a Tower Hamlets community leader and owned a travel agents and clothing businesses opposite the Royal London – where Mr Ahmed now works.

He added: "I hope that my appointment will inspire local young people from ethnic minorities to be ambitious, work hard and to take opportunities offered to them. Doors to people from all backgrounds have been open for a while, I'll be very happy if I help encourage people to go through them and achieve great things."

## Chemist rota

**Pharmacists in Tower Hamlets with extended opening hours.**

### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

## Advice

### East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

### Family Information Service (FIS)

Information for people from birth to age 19 (or 25 for those with additional needs) including helping to find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) 7364 6495

### Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

### Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

### Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 364 6489

**Chapel**, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

**Green Light**, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm. **Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

## Doctors

**Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.**

### LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

### Free Advice

Benefits, housing, immigration. Bengali speakers, home visits to

house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

### Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 8 Heron Quays, E14. 7364 3727 or email [skillsmatch@towerhamlets.gov.uk](mailto:skillsmatch@towerhamlets.gov.uk)

### Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or [towerhamletsnct@yahoo.com](mailto:towerhamletsnct@yahoo.com) [www.nct.org.uk](http://www.nct.org.uk)

### Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

### Families with Autism

Spark Centre, Smart Street, E2. 8981 4924 [fwautism@btinternet.com](mailto:fwautism@btinternet.com)

### Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

## Careers advice

### Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

### TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

### Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no.

Page no.





## Election protocol established

A Local Protocol to ensure free and fair elections and help establish trust in the electoral system was launched in January by the council and other agencies involved in running the elections.

[WWW.TOWERHAMLETS.GOV.UK/VOTE](http://WWW.TOWERHAMLETS.GOV.UK/VOTE)

## What's on outdoors

To find out more about free events in the borough's parks and open spaces during the summer visit...

[WWW.TOWERHAMLETS.GOV.UK/PARKS](http://WWW.TOWERHAMLETS.GOV.UK/PARKS)

### News

# Volunteer health peers required

**PEOPLE with direct experience of mental illness and personal recovery are being asked to help give emotional and practical support to mental health service users.**

East London NHS Foundation Trust hosts a peer support service for mental health wards and in the community.

The trust is looking to recruit peer support workers who can help mental health service users explore what is going on in their area or give them a boost of confidence by accompanying them to appointments or supporting them as they try new activities.

The role requires excellent communication and interpersonal skills, a willingness to share experiences and the ability to work independently and as part of a team.

Successful recruits will undertake a City & Guilds accredited course in peer support training, which will give them the skills to effectively carry out the role.

Peer support workers are trained with the emphasis on talking through problems and encouraging service users to explore their options for change.

For details, call Susan Henry on 8510 8630 or email [susan.henry@eastlondon.nhs.uk](mailto:susan.henry@eastlondon.nhs.uk)



**YOUNGSTERS** were spoilt for choice, with two free Easter events hosted by the council. More than 200 children tucked into chocolate eggs and made bonnets at the V&A Building, Victoria Park on April 19. Highlights included a scavenger hunt and a surprise visit from the Easter bunny. Mum-of-two Lauren Powel said: "We loved

the bunny costumes! We are great fans of Victoria Park, best park in London." Over at the Children's Play Park in Mile End Park on April 20, youngsters hunted for special tokens in the sand pit which were exchanged for chocolate eggs. Families also had the chance to take part in arts and crafts, and Easter games.

### News in brief

#### Real nappy day

PARENTS can find out about real nappies this Thursday, May 1.

Go along to Idea Store Whitechapel from 10.30am to 12.30pm to meet parents who use them and hear about the benefits of going green.

You can apply for a voucher worth £40 to try real nappies and nappies will also be available to buy at the event.

For more information or to register call Louise Houston on 7364 7103 or email [louise.houston@towerhamlets.gov.uk](mailto:louise.houston@towerhamlets.gov.uk)

#### Lock clean-up

STAFF from M&S will join forces with the Canal & River Trust for a clean-up at Old Ford Lock in Bethnal Green.

They will be there on Monday and Wednesday, April 28 & 30.

# Don't miss these polling deadlines

## Register in time – or you'll lose the right to vote

BY SUSAN MULLIGAN

**AS the May 22 elections draw near, make sure you don't lose your right to vote.**

There are deadlines in place for applying to vote by post or appointing a proxy for the Tower Hamlets' mayoral, local government and European Parliamentary polls.

Anyone aged 18 or over who is on the electoral register can apply for a postal or proxy vote.

Voting by post is an easy and convenient way of voting if you are unable to get to the polling station on election day.

Voting by proxy means that you appoint someone else to vote on your behalf.

You need to complete an application form to vote by post or proxy.

All applications require a signature and date of birth; this

helps to ensure the security of your vote and includes measures to tackle electoral fraud.

Postal votes are sent out about two weeks before election day.

Once you have received your postal vote pack, mark your vote(s) on the ballot papers as indicated on the information sheet, then make sure you send it back as soon as possible.

All postal votes must be received by the returning officer by 10pm on Thursday, May 22, or they will not be counted.

Once a postal vote has been issued, you cannot vote in person at the polling station.

When you apply to vote by proxy, you must provide a reason to vote in this way. The application form will list all the qualifications.

If you have a medical emergency six days before election

day, you can apply to vote by emergency proxy if the emergency means that you cannot go to the polling station in person.

You will need to contact the council's electoral services team for an application form.

For more information, call 7364 0872, email [vote@towerhamlets.gov.uk](mailto:vote@towerhamlets.gov.uk) or go to [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)

Key dates to remember:

■ Tuesday, May 6 – last date to register to vote at the elections on Thursday, May 22

■ Wednesday, May 7 – postal vote application forms or changes to existing postal vote details must reach the electoral registration officer by 5pm

■ Wednesday, May 14 – proxy vote application forms or changes to existing proxy vote details must reach the electoral registration officer by 5pm.

## PUDDING MILL LANE New station now open

- The largest of the DLR stations
- Improved comfort, with better weather protection and more seating
- Extended platforms for better access
- A gateway station to the Queen Elizabeth Olympic Park



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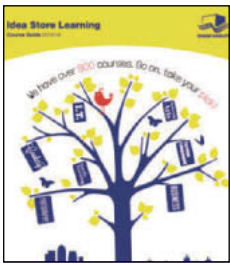
Starting on Thursday 1<sup>st</sup> of May  
Thursdays 9.30am - 10.30am and 2.00pm - 3.00pm

**St Paul's Way Trust Infants**  
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Email: [admin@spwt.net](mailto:admin@spwt.net)  
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Visit and download our prospectus at  
[www.spwt.net](http://www.spwt.net)

**The University School in the Heart of East London**





## Help for any type of business

The council's adult education service, Idea Store Learning, runs courses for people interested in developing their business ideas whether it's running a market stall or a home-based business.

[WWW.IDEASTORE.CO.UK](http://WWW.IDEASTORE.CO.UK)

## Flying the flag

Idea Store Whitechapel is the council's flagship library, learning and information centre. Find out more at...

[WWW.IDEASTORE.CO.UK](http://WWW.IDEASTORE.CO.UK)

### Business news

# Idea Store workshops for new entrepreneurs

BY SHALINA HUSSAIN

## HAVE you always dreamed of being your own boss and running your own business empire?

If you have the passion to turn your ideas into reality or are motivated to expand your current business, then look no further than the council's Idea Stores and libraries.

The council's flagship library, learning and information centre, Idea Store Whitechapel in Whitechapel Road, will be hosting free business workshops for fledgling entrepreneurs on the last Tuesday of

every month, from 6.30-8.30pm.

Its first business workshop, on March 25, run with business support enterprise GLE, attracted more than 40 participants who were taught the basics of how to set up a business.

Future workshops include:

■ Tuesday, April 29 – **funding and mentoring for new entrepreneurs**

■ Tuesday, May 27 – **pathway to self-employment**

■ Tuesday, June 24 – **small businesses: get on top of your taxes**

■ Tuesday, July 29 – **introduction to digital marketing for small businesses.**



Idea Store Whitechapel

Residents who are keen to take their business ideas further can take advantage of courses run by Idea Store Learning, the council's adult education service.

Whether you want to run a market stall, a shop or a home-

based business, these courses will point you in the right direction.

To find the right course for you visit [www.ideastore.co.uk](http://www.ideastore.co.uk)

Idea Store can also support entrepreneurs with hundreds of business books (including e-books) and the popular Idea Store Business online services, available free to Idea Store members.

This includes easy to understand and comprehensive fact-sheets, and guides for anyone thinking about starting a small business or working for one.

To find out more call 7364 1742 or visit [www.ideastore.co.uk](http://www.ideastore.co.uk)



MEMBERS of a Whitechapel youth group gained an insight into the operations of a multi-million pound business, when they were shown behind the scenes of Waitrose Canary Wharf. The group of 11 (some of whom are pictured above) from Newark Youth were given a tour of the store and underwent mock interviews. The group were given feedback and information about a career in retail.

# Theatre gets lick of paint



The volunteers take a break from their work

**BANK staff spent a day at a children's theatre, where they cleaned the seating and painted the floor, ready for the start of a new season.**

Eight employees from Barclays in Canary Wharf worked at the Half Moon, in White Horse Road, Limehouse.

Alun Jones from Barclays said: "The theatre does so much for the local community. The day was really worthwhile for all."

Chris Elwell, director of Half Moon, said: "We are extremely grateful to the team."

Emrana Akhtar from the East London Business Alliance, which runs the project putting private sector companies in touch with voluntary organisations, said: "I hope the children and young people who use Half Moon enjoy their newly decorated space."

## Opening shows there's life in the old pub yet

A NEW pub has opened in Bromley-by-Bow, bucking the national trend of closures.

The Galvanisers Union opened its doors to customers in Devas Street earlier this

month, selling local and regional craft beers and real ales, as well as spirits and wines.

The pub dates back to 1872 when it opened as the Duke of Wellington. It was re-built in the

1920s as part of social housing development.

With manager Robin Webster at the helm, the Union has plans to begin serving food in the near future.

**NHS**  
Tower Hamlets  
Clinical Commissioning Group

## Innovation Bursary Scheme open for applications

NHS Tower Hamlets Clinical Commissioning Group (CCG) is delighted to announce the third year of its Innovation Bursary Scheme.

A total bursary fund of £80,000 will be made available to organisations in the community and voluntary sector. This will be used to fund innovative projects that support NHS Tower Hamlets CCG's key strategic goals for improving health services and health outcomes in the borough.

NHS Tower Hamlets CCG is inviting not-for-profit, voluntary organisations to apply for funding of up to £20,000 per project. The Innovation Bursary Scheme will be open for applications from 1 May until 1 June 2014.

More information on the eligibility criteria and how to apply will be available from 1 May on the NHS Tower Hamlets CCG website:

[www.towerhamletscg.nhs.uk](http://www.towerhamletscg.nhs.uk)



# All aboard

Nicknamed The Ark, Ability Bow gym has the appearance of an upturned boat, complete with portholes.



# Link to community organisations

Local Link is a collaboration between Real, Age UK East London, Alzheimer's Society, Apasenth, Bromley by Bow Centre, deafPLUS, Mencap, Positive East and Tower Hamlets Law Centre.

DETAILS BELOW

## News

# United to support vulnerable people

BY JESSICA ODUBAYO

### NINE community organisations have come together to provide shared support for different groups of vulnerable people.

Local Link, funded by the council, is a collaboration between organisations for deaf and disabled people, older residents and people with long-term health conditions.

Together they provide support such as social care, housing, financial and benefits advice, volunteering, leisure, health and employment.

The organisations have established six information hubs across the borough, to make support accessible to residents.

When residents first contact Local Link, staff or volunteers will see if they can help straight away.

If further help is required, staff at the hubs will book an appointment with a specialist from a Local Link organisation or help find another solution.

The hubs are also equipped with computers where residents can search for information online.

Call 7001 2175, email [local-link@real.org.uk](mailto:local-link@real.org.uk) or visit a hub between 10am-4pm, Monday to Friday, at the following locations:

- **Age UK East London** – Appian Court Resource Centre, 87 Parnell Road, E3
- **Apasenth** – Carmine Wharf, 30 Copenhagen Place, E14
- **deafPLUS** – First Floor, Trinity Centre, Key Close, E1
- **Bromley by Bow Centre** – St Leonard's Street, enter the hub via Bruce Road, E3
- **Positive East** – 159 Mile End Road, E1
- **Real** – Jack Dash House, 2 Lawn House Close, E14.



SPECIALIST gym Ability Bow welcomed residents to an open day, which featured presentations and demonstrations about its services. Ability Bow helps people with disabilities to become fitter and lead more independent lives through exercise. Residents were invited to the open day to explore the gym's facilities, speak to staff and gym users, and listen to talks about the importance of exercise in tackling diabetes and mental health. Visit [www.abilitybow.co.uk](http://www.abilitybow.co.uk) for further information about the gym and its GP referral process. (Pictured) Derek Handley tries a rowing machine at Ability Bow

# Thinking of further or higher education?

- Don't have a grant and need financial support for your course?
- Have you lived in Tower Hamlets for the last three years or more?

Then we may be able to help!

The Tower Hamlets & Canary Wharf Further Education Trust issues grants of up to £3,650\*

Closing date for all applications is 12 noon on Friday 13th June 2014

### Don't delay... apply today!

For further information contact David Stone:  
020 7364 4888 / 07842 287031

Email [david.stone@towerhamlets.gov.uk](mailto:david.stone@towerhamlets.gov.uk)

Or download an application form from:  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

\*Dependent on course selected. See website for details



CANARY WHARF  
GROUP PLC

## Open Day

17th May 11am - 3pm

### Presentation times:

Pre-School	11.30 - 12.00
Reception	12.15 - 12.45
Lower Elementary	1.00 - 1.30
Upper Elementary	1.45 - 2.15



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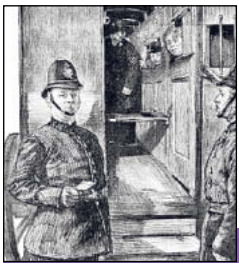
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London E1 0BH

[www.greengableschool.com](http://www.greengableschool.com)





## Worn out and prematurely old

In 1856, the City of London Police surgeon reported that policemen were being 'worn out by the job, suffering premature aging, defective physical strength, and other bodily infirmities'.

SEE BELOW

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# TB, cholera and mindless violence: a day in the life of an 1800s bobby

BY JOHN RENNIE

**RECENTLY cancelled BBC drama *Ripper Street* painted a hugely entertaining (though historically questionable) picture of policing the East End during the 19th century.**

But what about the real men tasked with the job of maintaining peace and order in what was variously described as 'the abyss', 'the netherworld' and the area containing 'the worst street in London' in the mid 1800s?

A trawl through the census records of 1851 reveal a fascinating picture of the men who signed up for what was surely one of the worst jobs in London – the documents of Whitechapel's H Division giving a glimpse into the lives of the East End's first regular coppers.

In an age of often grinding poverty, and with no social safety net to catch those who lost their job or could not work due to illness, infirmity or age, the big advantage of being a Metropolitan policeman was security of employment and a regular income. That came at a price though – hours were long, pay was low and discipline was strict.

This was no easy option. Constables had to walk 20 miles a night, in all weathers, seven days a week. A constable might have to attend court after being on the beat all night, lose his sleep and still have to patrol the following night as usual.

Until the year 1900 there were no official break times allowed during a beat, and no hot meals. If a man became soaked and frozen at the beginning of a winter night, then he usually stayed that way until dawn.

Nineteenth century London was a very unhealthy place in which to work. Open sewers and impure water led to cholera and many other diseases. Men had little resistance to chest diseases; tuberculosis killed more policemen than any number of thugs. Constant patrolling in heavy, unsuitable boots injured the feet and legs.

A snapshot of cases at the Old Bailey during 1851 revealed the nature of the officers' work. Though the language has changed, the misery and failure of most crimes that come to court has not. 'Theft, stealing from master'; 'theft, pickpocketing'; 'violent theft, robbery'; 'coining offences' and 'deception' occur time and again. And there are the violent offences of disorder, often associated with the drunkenness that

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much of 'respectable' London considered central to East End life. 'Breaking the peace'; 'wounding' or simply 'drunkenness'.

The constables themselves were always at risk, perhaps more so in those days. A case which came to trial on March 4, 1850 saw H Division constable Joseph Smalley recounting the dangers of conducting an arrest. Sometimes the angry mob might turn on the officer. 'On 10th Feb., at 12.30 at night, I was in Rosemary Lane, and while talking to a person named Lynch, a person came behind me and struck me a violent blow between my eyes, and knocked me down and ran away.

'There had been a disturbance between a man and woman, and I had got them away. There was a great crowd, which I was trying to get away. I could not tell who struck me, but a person ran after him and held him, and the prisoner is the person I secured. I was in the act of taking him to the station, assisted by Duffy; and one of the mob took Duffy's staff away from him, and I was beaten with it, but I cannot tell by whom. I got three cuts in my head, and was rendered insensible.'

Where did these tough customers come from? Even more than in the East End of today, they came from elsewhere. The places of birth listed have the poetic ring of the English countryside – Tiverton in Devon, Odcombe in Somerset, Arundel in Sussex, and a host from Essex, Hertfordshire, Worcestershire, Surrey and more. There are numerous Irishmen, from Monaghan, Tralee, Sligo and Dublin. Even a Scotsman from Shetland.

These men had travelled hundreds of miles in search of a new life in London, and their previous careers (also listed) give clues to their journey. Michael Duffy, 24, of Sli-



go, had been a labourer; Robert Crees from Cotton in Somerset, aged 29, had been a mason. James Eves, 22 from 'Bethnal Green in Middlesex', had been a baker. A scattering of local men pepper the 'foreigners'... for perhaps it was harder to police your own manor, arrest your own schoolfriends and neighbours.

And at the end of a hard police career? Not much reward. Before 1890, pensions were discretionary and were only ever given to coppers with at least 15 years on the force. You had to have reached 60 and be signed off by a doctor as being unfit for further service – not many men lived that long in 19th century London, and being unfit meant you probably wouldn't live much longer (so no support for your widow).

More likely you would die on the job, leave or be dismissed (ill-paid officers supplementing their wages by taking part in crime themselves or taking bungs from criminals

was a constant problem). The discipline could be unforgiving.

One William Lowe was forced to resign in May 1862 for being 'inside a public house while on duty'. He had 12 years good service behind him. Two men were dismissed for being drunk in 1851. With the stresses of the job, who could blame them. Other reasons for dismissal were more colourful and very much of their time. What officer in 2014 would be sacked for 'neglect of duty in not removing a costermonger barrow'? Though bribery was also involved. '...receiving money from the man in charge of the barrow while on duty' – the unfortunate Constable George Cox was dismissed just four days after Christmas 1863; he had served 17 years.

In 1856, the City of London Police Surgeon reported that policemen were being 'worn out by the job, suffering premature aging, defective physical strength, and other bodily infirmities'. It wasn't just the physical exertion of course. 'The mental strain of police work was great' especially when an officer was alone at night, when 'arresting armed burglars, assisting in the extinction of fires, rescuing the drowning, stopping runaway horses, or dealing with the drunken and disorderly and when facing hostile crowds'. And Whitechapel was the hardest of the lot. In 1870, the Superintendent in charge of H Division reported that 'assault on police was more frequent on this than any other division'.

A remarkable 25 H Division men died in service between 1851 and 1861, though only two from non-natural causes. Samuel Hawes 'died in a lunatic asylum from the effects of a head injury received on duty in Whitechapel', while James Denyer died 'after checking a suspicious light on a boat in London Docks... he fell in the water and drowned'.

The deaths of the other 23 show just how unlikely you were to live to reach your pension in the East End of the day. Most died of consumption, dropsey, fever, typhus or cholera. Two from 'bursting a blood vessel' (probably stroke). But the most common way of leaving H Division is listed as 'resigned', most long before hitting 60. In truth, most were simply worn out.

**For more, go to [http://www.history-pieces.co.uk/Docs/Policemen\\_Whitechapel.pdf](http://www.history-pieces.co.uk/Docs/Policemen_Whitechapel.pdf)**

**Wilkes, John, *The London Police in the Nineteenth Century***

**The life of an East End bobby was hard and violent**



The council provides many services for residents and businesses. Go to the A-Z on the website at

## Council information

**TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of**

**Wednesday, May 7**  
**7pm: Development committee**  
 For more information call  
 7364 4877 or email [zoe.folley@towerhamlets.gov.uk](mailto:zoe.folley@towerhamlets.gov.uk)

For details call 7364 4120 or  
email [simmi.yesmin@  
towerhamlets.gov.uk](mailto:simmi.yesmin@towerhamlets.gov.uk)

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

**Thursday, May 15**  
**7pm: Strategic development committee**  
Details from Zoe Folley (see left).

**Local authority, mayoral and European Parliamentary elections are being held on Thursday, May 22.  
Details at [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote)**

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

# The Government is changing benefits

## Prepare and act now

The Government is changing the benefits system as part of its plan to cut welfare costs. If you are claiming benefits, you may be affected.

Unemployed people who are not in work can lose **more than three times more per week** on average than before.

The impact of these changes could be serious and some households may be forced to leave their homes.

Unemployment has caused and will continue to cause hardship for many people who are helping prepare themselves for the Government changes. This includes support with:

- Housing, electricity and utilities
- Training work and training opportunities
- Managing your money

For more information about the changes visit [www.benefitsadvice.gov.uk](http://www.benefitsadvice.gov.uk) or call our helpline on **0845 506 7064** or telephone **0845 506 7065**.

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

**WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM**

**E1**  
**Queen Mary, University of London, 327 Mile End Road** – alteration of steel escape stair located at NW external corner of People's Palace; addition of external platform lift to maintain access to back stage of People's Palace for heavy goods when new graduate centre is built; removal of north chimney.

**210 Jubilee Street** – proposed construction of two-bedroom house at ground floor and basement level on land behind 210 Jubilee Street facing onto Redmans Road.

**E1W**  
**1 Knighten Street** – proposed change of use from non-residential institution to business/storage or distribution.

**E2**

**Days Inn Hotel, 419-437 Hackney Road** – part fourth-, fifth- and sixth-floor extension to existing apartment hotel for a further 26 apartments.

**Verdigris Apartments, 31 Old Bethnal Green Road** – removal of glazed doors at SE corner and replacement with fixed glazing; replacement of fixed glazing on east elevation with glazed entrance doors; installation of louvres above refuse store door.

**1-7 Temple Yard** – application for prior approval of transport and highways impacts of development, land contamination and flooding risks on site for change of use from offices to seven residential units.

**E3**  
Fairlie Court, 14 Stroudley  
Walk – new vehicular and

pedestrian gate, replacement wall/balustrades at rear and replacement windows.

**E14**  
**Site at Blackwall Reach, Cotton Street** – request for screening opinion as to whether an environmental impact assessment is required for Blackwall Reach Phase 1B.  
**Barratt Industrial Estate, 20 Gillender Street** – request for screening opinion as to whether environmental impact assessment is required re: application for redevelopment of site for residential-led, mixed-use development comprising 214 residential units and up to 1,862 sq m of commercial floorspace. The development is to be provided across four blocks, ranging in height from four to 14 storeys.

Substitute prescribing, key working, health screening & referral to residential treatment.  
71 Johnson Street, E1.  
7790 1344  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

**Nafas**  
Support with a focus on  
Bangladeshi community.  
The Davenant Centre,  
179-181 Whitechapel Road, E1  
7377 0676.

**Harbour Recovery Centre**  
In-patient detox for 18+ males.  
Riverside House, 4th Floor,  
20 Garford Street, E14.  
7538 9421

**Young People's Service**  
Treatment for under-19s  
Unit 26, Skyline Village,  
Limeharbour, E14.  
3069 7878  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

**Isis**  
For women aged over 18  
c/o Hopetown Hostel,  
60 Old Montague Street, E1.  
**7426 0399**  
**[www.compass-uk.org](http://www.compass-uk.org)**

**Community Alcohol Team**  
Unit 22, Skylines Village  
Limeharbour, E14.  
0800 008 7200  
[www.rapt.org.uk](http://www.rapt.org.uk)

**Somali Substance Misuse**  
Help, advice & referral for  
people with khat, alcohol or  
drug issues. Contact Idriis Elmi.  
Mind in Tower Hamlets &  
Newham, Open House  
13 Whitethorn Street, E3.  
7510 1081

## Road closures during cycle events

**THE first two weekends of August will see popular sporting events in London affecting major roads through the borough.**

The Virgin Active London Triathlon takes place on the weekend of August 2 and 3, with approximately 12,000 people expected to compete. Road closures and diversions will be in place on Sunday, August 3, when the cycle race takes place – see the London Triathlon website at [www.thelondontriathlon.co.uk](http://www.thelondontriathlon.co.uk) for further details.

The following weekend, the Prudential RideLondon festival of cycling is taking place on August 9 and 10.

The weekend will see thousands of cyclists, including

some of the world's top professionals, taking part in four separate events across London and Surrey.

There will be road closures from early morning on both days to make sure the routes are secure and ready for the event.

The Prudential RideLondon FreeCycle on Saturday, August 9 is a free, family friendly bike ride which will take place on closed roads within Westminster and the City to allow participants to experience the fun and freedom of cycling in London. There is still time to register for the FreeCycle event at **[www.prudentialride.london.co.uk](http://www.prudentialride.london.co.uk)**

Tower Hamlets residents, businesses and road users are

advised to plan ahead to avoid disruption, especially on Sunday, August 10 when road closures will be in place in the borough.

A community engagement programme is underway to help residents and businesses along the routes plan ahead. This will include leaflet drops in May and July to residents and businesses along the routes, drop-in sessions for local people and community access plans.

For more information about the event and the route, visit the **www.prudentialride.london.co.uk**

Details on specific road closures and alternative travel options for both occasions will be available nearer the time of the event.

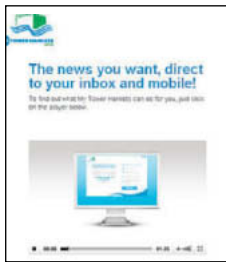


# Canary Wharf Charity abseil

**Drop for sport!** All money raised will go towards the **English Federation of Disability Sport**. If you are up for the challenge for a good cause, contact Lucy for more information.

Email [Istanbrook@efds.co.uk](mailto:Istanbrook@efds.co.uk) or call 0161 228 2868. [www.efds.co.uk](http://www.efds.co.uk)





## Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



## Did you get it?

Last week's photo was taken at the pumping station by Folly Wall, E14.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes – 7364  
5015  
Healthline – 7364 5016

### General enquiries

For other council enquiries call  
7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice (E14) – 7364 7507  
Housing advice (E1, E2 or E3)  
– 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department you need to contact, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

### Report it!

To report an incident, use these  
24-hour freephone numbers:

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress,  
there is an emergency or if  
anyone is in immediate  
danger dial 999.

The council's domestic  
violence team can provide  
information, signposting and  
referrals to local services.  
Bengali speakers available

0800 279 5434 (office hours)  
**24-hour domestic violence  
national helpline**

0808 2000 247  
**Haven Whitechapel (sexual  
assault referral centre)**

7247 4787  
**Karma Nirvana (Honour  
Network Helpline)**

0800 5999 247  
**Broken Rainbow  
(LGBT domestic violence)**  
0845 260 4460  
**Black Women's Health  
& Family Support**  
8980 3503  
**Rights of Women**

(legal advice)  
7251 6577

**Victim Support Line**  
0845 30 30 900  
**Victim Support Tower  
Hamlets**  
8555 8254  
**NSPCC Child Protection  
Helpline**  
0800 800 5000  
**Childline**  
0800 1111  
**Shelterline**  
0808 800 4444  
**Respect (for perpetrators)**  
0845 122 8609

**Reunite (advice about  
child abduction)**

0116 2556 234  
**Men's Advice Helpline**  
0808 8010 327  
**Samaritans**  
08457 909090

**Tower Hamlets Mediation  
Service offers confidential  
and impartial advice with  
neighbour conflict**  
Free service for council tenants  
and leaseholders. 7702 8305

**Trading standards**  
Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

**Bethnal Green** – 1 Rushmead,  
off Bethnal Green Road, E2  
**Bow & North Poplar** – John  
Onslow House, 1 Ewart Place, E3  
**South Poplar** – 15 Market  
Square, Chrisp Street, E14  
**Stepney & Wapping** –  
Idea Store Watney Market,  
260 Commercial Road, E1.  
**Open Mon-Fri, 9am, doors  
close at 4.30pm. Sat, 9am,  
doors close 12.30pm at  
Rushmead and Idea Store  
Watney Market only.**

### Idea Stores

**Bow** – Gladstone Place, E3.  
**Canary Wharf** – Churchill  
Place, Canary Wharf, E14.  
**Chrisp Street** – Vesey Path, E14.  
**Whitechapel** – 321 Whitechapel  
Road, E1. 7364 4332  
**Watney Market** –  
Commercial E1. 7364 4332  
All open: Mon to Thurs,  
9am-9pm; Fri, 9am-6pm;  
Sat, 9am-5pm. Sundays –  
Bow and Chrisp Street  
open, 10am-4pm;  
Whitechapel, 11am-5pm; and  
Canary Wharf, 12-6pm.

### Libraries

**Bethnal Green** – Cambridge  
Heath Road, E2. 8980 3902  
**Cubitt Town** – Strattondale  
Street, E14. 7987 3152  
All open: Mon, Tues, Weds  
& Fri, 10am-6pm; Thurs,  
10am-8pm; Sat, 9am-5pm.  
**Local History Library and  
Archives** – 277 Bancroft Road,  
E1. Open Tues, 10am-5pm;  
Weds, 9am-5pm; Thurs,  
9am-8pm; Sat (1st & 3rd of  
the month), 9am-5pm.  
7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

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# Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 4944



## নির্বাচনের দিন থেকে কার্যকর হবে নতুন ওয়ার্ড সীমানা

আসন্ন নির্বাচনের দিন থেকে টাওয়ার হ্যামলেটস্ বারার নতুন ওয়ার্ড সীমানা কার্যকর হতে যাচ্ছে। আগামী ২২ মে অনুষ্ঠিতব্য নির্বাচনে ওয়ার্ড সংখ্যা বৃদ্ধি পেয়ে ১৭ থেকে ২০ এ উন্নীত হবে। তবে প্রতিনিধিত্বকারী কাউন্সিলের সংখ্যা ৫১ থেকে হ্রাস পেয়ে ৪৫ হবে। - বিস্তারিত পড়ুন নীচে

TOWER HAMLETS IS CHANGING

## Harmony

# Codkaaga ha dayicin doorashooyinka

Don't lose your vote: make sure voice heard – page 9

**MAADAAMA ay doorashadii Meey 22 fooda innagu soo hayso, waa in diyaar garawdaa gudashada xuquuqda codkaaga.**

Sedexda doorasho ee kala ah ta meeyarka, ta dawladda hoose iyo ta barlaamaanka Yurub waxay leeyihiin kama danbays, haddii aad dooneyso in aad ku codaysa boosta amma broxy.

Qofkasta oo da'adiisu ka weyn tahay 18 jir ah oo ku jira diiwaanka doorashooyinka, wuxuu codsan karaa in ku codeeyo boosta amma igmasho.

Boosta in aad ku codaysaa way fududahay, haddii aanad imman kareen goobta codbixinta 22ka Meey.

Codaynta igmasho waa habka in aad cid kale u wakiilato in ay kuu codaysa.

Waa in aad adigu arji buuxiso si aad ugu codaysa igmasho amma boostad. Araajida oo dhan waxaa laga doonayaa sax-eexaaga iyo taariikhda aad dhalaytay; taasi oo macnaheedu tahay in la hubiyo in aan codkaagu kaa khasaarin isla markaana laga hortago



musuqmaasuqa doorashada.

Araajida boos ku codaynta waxaa la soo gudbinayaa laba todobaad ka hor maalinta doorashada. Mar alla markaad hesho arjigaaga, calaamadi waraaqda codaynta halakaad rabto, islamarkaana hubi in aad dib ugu celiso boosta 10pm, Meey 22.

Habka igmashada, oo ah haddii aad cid kale u wakiilnayso codayntaad, wa in aad sobobta sheegtaa.

Haddii ay arrin caafimaad oo kedis ah tahay, waa in aad soo sheegtaa lix casho ka hor amma kadib maalinta codaynta. Haddii aanad adigu tegi kareen goobaha codbixinta xaq baad u

leedahay in aad soo codsato in cid kale kuu codaysa ee arjigaaga dalbo.

Maalmaha muhiimka ah waxaa ka mid ah:

■ **Meey 6** – Maalinta ugu danbaysa is diiwaan gelinta doorashada May 22.

■ **Meey 7** – Foormaamka ka codaynta boostu waa in sarkaalka diiwaangelinta soo gaadhaan ugu danbayn, 5pm.

■ **Meey 14** – foomamka Waakilashada codbixintu waa in ay soo gaadhaan sarkaalka diiwangelinta, 5pm.

Faahfaahin dheeraad ah, wac adeega doorashooyinka 7364 0872, amma email u dir [vote@towerhamlets.gov.uk](mailto:vote@towerhamlets.gov.uk)

# নির্বাচনের দিন থেকে কার্যকর হবে বারার নতুন ওয়ার্ড সীমানা

Tower Hamlets is changing – issue 1005

আসন্ন নির্বাচনের দিন থেকে টাওয়ার হ্যামলেটস্ বারার নতুন ওয়ার্ড সীমানা কার্যকর হতে যাচ্ছে।

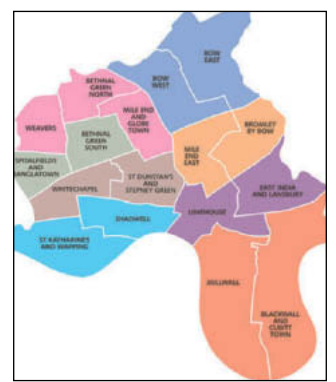
আগামী ২২ মে অনুষ্ঠিতব্য নির্বাচনে ওয়ার্ড সংখ্যা বৃদ্ধি পেয়ে ১৭ থেকে ২০ এ উন্নীত হবে। তবে প্রতিনিধিত্বকারী কাউন্সিলের সংখ্যা ৫১ থেকে হ্রাস পেয়ে ৪৫ হবে।

স্থানীয় কর্তৃপক্ষের এলাকাগুলোতে নির্বাচনী পর্যালোচনা শেষে স্বাধীন সংস্থা লকাল গভর্নমেন্ট বাউন্ডারি কমিশন ফর ইংল্যান্ড নতুন ওয়ার্ড গঠন ও ওয়ার্ড সীমানা পূর্ণনির্ধারণ করে।

কমিশনের মূল চাওয়া ছিলো, টাওয়ার হ্যামলেটসের প্রত্যেক কাউন্সিলর যেন প্রায় সমান সংখ্যক বাসিন্দার প্রতিনিধিত্ব করেন। এই পন্থায় প্রত্যেক ভোটারের ভোটের ওজন সমান, যা গণতন্ত্রকে আরো সুসংহত করতে অত্যাৱশ্যকীয়।

বাসিন্দারা যাতে সহজেই কোন ওয়ার্ডে তারা বসবাস করছেন, তা জানতে সক্ষম হন, সে জন্য [www.towerhamlets.gov.uk/vote](http://www.towerhamlets.gov.uk/vote) এই ওয়েবসাইটে নতুন একটি অনলাইন ওয়ার্ড ফাইন্ডার চালু করেছে।

নির্বাচনের দিন বিভ্রান্তি এড়াতে বাসিন্দাদের



Borough's new (left) and old (right) ward boundaries map

এখনই জেনে নেয়া উচিত, তারা কোন ওয়ার্ডের বাসিন্দা। ওয়ার্ড শুধুমাত্র প্রশাসনিক প্রয়োজনে ব্যবহৃত হয়। তাই কাউন্সিল থেকে বাসিন্দারা যেসকল সেবা গ্রহণ করেন, যেমন স্কুলে আসন লাভ, বিন কালেকশন ডে ইত্যাদি ক্ষেত্রে কোন হেরফের হবে না। তবে নির্বাচনের দিন পোলিং স্টেশনে অনেক পরিবর্তন আসবে এবং ভোট দিয়ে নির্বাচিত করা কাউন্সিলরের সংখ্যায় ও পরিবর্তন হতে পারে। নতুন পরিকল্পনা অনু-

যায় কোন ওয়ার্ডের জনসংখ্যাই মোট জনসংখ্যার ১০ শতাংশের বেশি হবে না। এই পরিবর্তনের ফলে ২০১৪ সালে নির্বাচিত প্রত্যেক কাউন্সিলর গড়ে ৪০২৯ জন বাসিন্দার প্রতিনিধিত্ব করবেন, যা ২০১৮ সালে উন্নীত হবে ৪,৪১৭ জনে।

২২ মে'র নির্বাচনের দিন থেকে এই পরিবর্তন অফিসিয়ালি কার্যকর হলেও বর্তমানে বারার প্রতিটি ঘরের ঠিকানায় প্রেরিত পোলিং কার্ডে নতুন ওয়ার্ডের নাম উল্লেখ করা হচ্ছে।

# Koorasyada meheradaha

**WELIGAA ma ku halooside in aad muulmule isku noqoto, oo aad meherad yeelato?**

Haddii aad hamad u hayso in aad riyoooyinkaaga ka dhabayso amma aad u hanweyn tahay in aad meheradaad sii ballaad-hiso, meel kale oo ka shishaysa Idea Stooriska Kawnsulka Tower Hamlets, ha ka raadin.

Laybareeriga calan-sidaha ah ee kawnsulka, xarunta waxbarashada iyo maclu-umaadka, aydhiya stoorka Whitechapel ee ku yaal Jidka Whitechapel, ayaa kafaale qaadaya weerkshobyoo ganacsi ah, Talaada kasta oo bil u danbaysa, 6.30-8.30pm.

Weerkshobkii ugu horeeyey

Bright idea for businesses – page 11

aydiya Stoorka Whitechapel, waxaa la qabtay kii ugu horeeyey 25 Maarij, kaas oo soo jiitey in ka badan 40 ka qayb-galayaal. Iyaga ay wadajir u soo qaban qaabiyeen ururka ganacsatada GLE iyo kawnsulku, deganayaasha waxaa la baray sidaad ganacsi u abuuri lahayd.

Kuwa soo socda waxaa ka mid ah:

■ **Talaada, Abriil 29** – maal-gelinta iyo ilaalinta ganacsatada cusub

■ **Talaada, Meey 27** – iska u shaqaysiga

■ **Talaadada, Juun 24** – ganacsatada yaryar iyo cashuuraha

■ **Talaadada, Juulay 29** – hord-haca ku saabsan suuq geynta digitalka ah.

Deganayaasha doonaya in ay hirgeliyaan fikradaha ganacsi, waxay ka faa'iideysan karaan koorasyadan uu maamulayo aydhiya.

Haddaad bacadle tahay, tukaanley amma gurigaaga meherad ku haysato, koorasyadani way ku anfacayaan oo salaanka gancsiga ayay cagta kuu saarayaan, si aad kor ugu fanato.

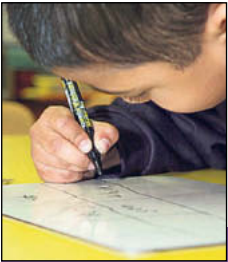
Faahfaahin dheeraad ah si aad u doorato kooras kugu haboon booqo [www.ideastore.co.uk](http://www.ideastore.co.uk) amma wac 7364 1742.



## St George's Day dance goes with a swing

সেন্ট জর্জেস্ ডে উপলক্ষে গত ২৩ এপ্রিল হোয়াইটচ্যাপলের ব্রাডি অ'টস্ সন্টারে বরার বাসিন্দারা ঐতিহ্যবাহি টি ডান্স এ অংশ নেন। কাউন্সিলের উদ্যোগে আয়োজিত ফ্রি এই ইভেন্টে সিন্গ-পিস ব্যান্ড দল দ্যা সানশাইন কিং লাইভ মিউজিক পরিবেশন করেন। শতাধিক প্রবীণ বাসিন্দা নাচ গান ও আড্ডায় মেতে ওঠেন। ডান্স মাস্টার হিসেবে ফ্লোরে নাচের বিভিন্ন মূদ্রা প্রদর্শন করেন এবং অংশ গ্রহণকারীদের শিখিয়ে দেন।





## পছন্দের প্রাইমারী স্কুলে ভর্তির ক্ষেত্রে নতুন রেকর্ড

আগামী সেপ্টেম্বর মাসে টাওয়ার হ্যামলেটসের যেসকল শিশুর শিক্ষাবর্ষ শুরু হবে, তাদের ৯৫.৭ ভাগেরই আসন তাদের পছন্দের শীর্ষ তিনটি স্কুলে নিশ্চিত করা সম্ভব হয়েছে। পছন্দের স্কুলে ভর্তি হতে পারার ক্ষেত্রে এটি একটি নতুন রেকর্ড, যা গত ১৬ এপ্রিল ঘোষণা করা হয়। ২০১৪ সালের এই হার গতবারের চেয়ে ২.৩ পারসেন্ট বেশি। - বিস্তারিত পড়ুন নীচে

**BEST EVER PRIMARY SCHOOL ADMISSIONS FIGURES FOR TOWER HAMLETS**

## Harmony

# টিএইচসিএইচ এর উদ্যোগে বাংলা নববর্ষ উদযাপন

## Celebrating Bengali New Year in Shadwell – page 25

টাওয়ার হ্যামলেটস্ কমিউনিটি হাউজিং (টিএইচসিএইচ) এর উদ্যোগে ১৬ এপ্রিল নানা আনুষ্ঠানিকতার মধ্য দিয়ে বাংলা নব বর্ষ উদযাপন করা হয়।

শেডওয়েলের টার্লিং ইন্সট কমিউনিটি সেন্টারে আয়োজিত অনুষ্ঠানে ৮০ জনেরও বেশি বাসিন্দা ও অতিথি অংশ নেন।

লেখিকা শাহিদা রহমান তাঁর লেখা উপন্যাস ‘লস্কর’ এর বিভিন্ন দিক নিয়ে আলোচনা করেন এবং যুক্তরাজ্যে বাঙালী অভিবাসনের ইতিহাস তুলে ধরেন।

শ্রোতা গভীর আগ্রহের সাথে শোনে ইন্সট বেঙ্গলের (বর্তমান বাংলাদেশ) ‘লস্কর’ হিসেবে পরিচিত সেই সব হাজার হাজার জাহাজ শ্রমিক-দের জীবন কথা, যারা ১৬ শতক থেকে ২০ শতকের প্রথম দিক পর্যন্ত রয়েল এন্ড মার্চেন্ট নেভিতে কাজ করেছিলেন। গত তিন শত বছরের পথ পরিক্রমায় যাদের অনেকেই ব্রিটেনে অভিবাসন গড়ে তুলেন।

দুপুরে অভ্যাগতদের বিরিয়ানী দিয়ে আপ্যায়ন করা হয়। এরপর ঐতিহ্যবাহি বাংলাদেশী নৃত্য, লোক সঙ্গীত পরিবেশন করা হয়।

টিএইচসিএইচ এর চিফ এক্সিকিউটিভ মাইক টেরিল বলেন, বাংলা নববর্ষ উদযাপনের মতো ইভেন্ট আয়োজন করতে পেরে আমরা গর্বিত।



# পছন্দের প্রাইমারী স্কুলে ভর্তির ক্ষেত্রে নতুন রেকর্ড

## Best ever primary school admissions figures for Tower Hamlets – issue 1006

আগামী সেপ্টেম্বর মাসে টাওয়ার হ্যামলেটসের যেসকল শিশুর শিক্ষাবর্ষ শুরু হবে, তাদের ৯৫.৭ ভাগেরই আসন তাদের পছন্দের শীর্ষ তিনটি স্কুলে নিশ্চিত করা সম্ভব হয়েছে। পছন্দের স্কুলে ভর্তি হতে পারার ক্ষেত্রে এটি একটি নতুন রেকর্ড, যা গত ১৬ এপ্রিল ঘোষণা করা হয়।

২০১৪ সালের এই হার গতবারের চেয়ে ২.৩ পারসেন্ট বেশি এবং প্যান লন্ডন কো-অর্ডিনে-টেড এডমিশন স্কীম চালুর পর এটিই হচ্ছে সেরা হার। রাজধানী লন্ডনে এই বছরের গত হার হচ্ছে

৯২.১৭ শতাংশ। সেই অনুযায়ী টাওয়ার হ্যামলেটস্ হচ্ছে লন্ডনের মধ্যে সেরা।

টাওয়ার হ্যামলেটসে বাচ্চাদের প্রথম পছন্দের স্কুলে আসন লাভের আনুপাতিক হারও ২ শতাংশ বেড়েছে। ২০১৩ সালে এই হার ছিলো ৮৩.৭, যা এ বছর বেড়ে দাঁড়িয়েছে ৮৫.৭ শতাংশ।

চমৎকার এই ফলাফলে এটাই প্রমাণিত হয় যে, স্কুলে আসন নিশ্চিত করার ক্রমবর্ধমান চাহিদা মেটাতে কাউন্সিলের প্রাইমারী স্কুল এডমিশন পলিসি এবং একই সাথে এর

পিউপিল প্লেন্স প্র্যানিং স্ট্র্যাটেজি খুব ভালো ভাবে কাজ করছে।

উল্লেখ্য, টাওয়ার হ্যামলেটসে স্কুলে আসন সংখ্যার চাহিদা ক্রমাগতভাবে বাড়ছে। গোটা লন্ডনের তুলনায় চলতি বছর এই বারায় আসন সংখ্যার চাহিদা প্রায় ৫৮ শতাংশ বৃদ্ধি পেয়েছে। গত ৫ বছরে অতিরিক্ত ১,৭৮৫টি স্থায়ী আসন নিশ্চিত করা হয়েছে। আগামী সেপ্টেম্বর মাসে নতুন শিক্ষা বর্ষ থেকে আরো ১,০৫০টি আসন বাড়ানো হবে।

স্কুল আসনের জন্য আবেদনকারী অভি-ভাবকদের তাদের আবেদনের ফলাফল কাউন্সিলের পক্ষ থেকে ইমেইলে অথবা ডাক যোগে জানানো শুরু হয়েছে। যারা তাদের পছন্দের স্কুলে বাচ্চা ভর্তি করাতে পারেন নি, তারা এখন যে সকল স্কুলে আসন রয়েছে, সেখানে ভর্তি করাতে পারবেন। সামগ্রিকভাবে, ৯৭ দশমিক ৩ শতাংশ শিশুই তাদের পছন্দের ৬টি স্কুলের মধ্যে একটিতে ভর্তি হতে পেরেছে। এই হারও গত বছর থেকে ২ ভাগ বেশি।

## রয়েল কলেজ অব সার্জন্স-এর কাউন্সিল মেম্বার নির্বাচিত হলেন ডাঃ শাফি আহমদ

## Barts Health surgeon becomes the youngest council member of RCS – page 8

রয়েল লন্ডন হাসপাতালের একজন প্রতিথযশা সার্জন সবচেয়ে মর্যাদাকর সংগঠন রয়েল কলেজ অব সার্জনস্ অব ইংল্যান্ড এর কনিষ্ঠতম কাউন্সিল সদস্য নির্বাচিত হয়েছেন।

বাংলাদেশী বংশোদ্ভূত শৈল্য চিকিৎসক, ডাঃ শাফি আহমদ প্রতিষ্ঠানটির কয়েক শ’ বছরের ইতিহাসে প্রথম সর্বকনিষ্ঠ কাউন্সিল মেম্বারই নন, এথনিক মাইনোরিটি বা ক্ষুদ্রজাতিগোষ্ঠির একমাত্র প্রতিনিধিও তিনি।

২৩ সদস্য বিশিষ্ট কাউন্সিলের সদস্য হিসেবে সহকর্মীদের ভোটে নির্বাচিত ডাঃ আহমদ এর বয়স ৪৫। এই কাউন্সিল সরকারের স্বাস্থ্য নীতির ওপর নিজেদের বক্তব্য তুলে ধরে এবং ইংল্যান্ড ও ওয়েলস্ এর সকল সার্জনদের শিক্ষা, প্রশিক্ষণ ও পরিচালনা করে থাকে।

বার্টস্ হেলথ এনএইচএস ট্রাস্টের কলোরেঙ্কাল ক্যাপার লীড, ডাঃ আহমদ বলেন, সার্জিক্যাল প্র্যাকটিসে এখন অনেক পরিবর্তন আসছে। কাউন্সিলের মেম্বার নির্বাচিত হওয়া মানে বার্টস্ হেলথ এর পক্ষ থেকে কথা বলার একটা শক্তিশালী সুযোগ লাভ করা। একই সাথে সহকর্মী ও স্থানীয় জনসাধারণের অভিমত ও অভিজ্ঞতা জাতীয় পর্যায়ে তুলে ধরার অনন্য সুযোগ এটি এবং চিকিৎসা ক্ষেত্রের উন্নয়নে চলমান প্রচেষ্টাকে এগিয়ে নিয়ে যাওয়া।

স্থানীয় এলাকার সাথে ডাঃ আহমদের রয়েছে শক্তিশালী সংযোগ। তিনি স্থানীয় কম্প্রেহেনসিভ স্কুলে লেখাপড়া করেছেন এবং তাঁর গোটা সার্জিক্যাল কেরিয়ারই তিনি নর্থ ইস্ট লন্ডনে কাটিয়েছেন। তাঁর পিতা অত্যন্ত স্বনামধন্য একজন

কমিউনিটি লিডার হিসেবে টাওয়ার হ্যামলেটসের জন মানুষের কল্যাণে নিরলস ভূমিকা রেখেছেন। ডাঃ শাফি আহমদ আজ যে রয়েল লন্ডন হাসপাতালে কাজ করছেন, এর উন্টো দিকে তাঁর পিতার একটি ট্রেন্ডেল এজেন্ট ও ক্লথিং বিজনেস ছিলো।

ডাঃ শাফি আহমদ বলেন, আমি আশা করি আমার এই সাফল্যে এথনিক মাইনোরিটির তরুণ প্রজন্ম কঠোর পরিশ্রম ও উচ্চাভিলাষি হতে অনুপ্রাণিত হবে।

তিনি বলেন, সকল ব্যাকগ্রাউন্ডের লোকের জন্যই সম্ভাবনার সব দরোজা কিছুদিনের জন্য উন্মুক্ত থাকে। এই দরোজা দিয়ে সাফল্যের সিঁড়িতে আরোহণে লোকজনকে অনুপ্রাণিত ও উদ্বুদ্ধ করায় ভূমিকা রাখতে পারলে আমি আনন্দিত হবো।



## ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

**7364 4944**

### News in brief

ব্যবসায় আগ্রহীদের জন্য

আইডিয়া স্টোরে কর্মশালা

আপনি কি নিজের ব্যবসায়িক সাম্রাজ্য পরিচালনার স্বপ্ন দেখেন, কিংবা নিজের বস নিজে হওয়ার স্বপ্ন?

আপনার যদি ব্যবসা করার ব্যাপারে কোন ধারণা থাকে, আর তা যদি বাস্তবায়ন করার জন্যে আপনি উৎসাহি হন বা আপনার বর্তমান ব্যবসাকে যদি আরো সম্প্রসারিত করতে চান, তাহলে হোয়াইটচ্যাপেল আইডিয়া স্টোরে অনুষ্ঠিতব্য সেশনগুলোতে যোগ দিতে পারেন।

প্রত্যেক মাসের শেষ মঙ্গলবারে সন্ধ্যা ৬.৩০ টা থেকে ৮.৩০ টা পর্যন্ত হোয়াইটচ্যাপেল আইডিয়া স্টোরে উদ্যোক্তাদের জন্যে ফ্রি বিজনেস ওয়ার্কশপ অনুষ্ঠিত হবে।

২৫ মার্চ হোয়াইটচ্যাপেল আইডিয়া স্টোরে অনুষ্ঠিত প্রথম বিজনেস ওয়ার্কশপে ৪০জনের মত উদ্যোক্তা অংশগ্রহণ করেছিলেন। বিজনেস সাপোর্ট এন্টারপাইজ জিএলই-এর উদ্যোগে এই অনুষ্ঠানে উদ্যোক্তাদের ব্যবসা করার ব্যাপারে মৌলিক ধারণাসমূহ শেখানো হয়।

উদ্যোক্তাদের জন্যে আরো যেসব ওয়ার্কশপ অনুষ্ঠিত হবে তার তারিখ নীচে দেয়া হল।

২৯শে এপ্রিল মঙ্গলবার : ফাভিং এন্ড মেন্টরিং ফর নিউ এন্টারপ্রেনার; ২৭শে মে মঙ্গলবার : পাথওয়ে টু সেলফ এম্পলয়মেন্ট; ২৪শে জুন মঙ্গলবার : স্মল বিজনেস - গেটওন টপ অফ ইয়র ট্যাগ্রেস; ২৯শে জুলাই : ইন্ট্রাডাকশন অফ ডিজিটাল মার্কেটিং ফর স্মল বিজনেস।

কাউন্সিলের এডাল্ট এডুকেশন সার্ভিসের আইডিয়া স্টোরে উপরোল্লিখিত কর্মশালা গুলোতে যোগ দিয়ে বাসিন্দারা তাদের ব্যবসা বানিজ্যকে আরো এগিয়ে নিয়ে যেতে পারবেন।

আপনি যদি মার্কেট স্টল দিয়ে ব্যবসা করতে চান বা দোকান করতে চান অথবা ঘরে বসে ব্যবসা করতে চান তাহলে এসব কোর্স আপনার জন্যে উপকার বয়ে আনবে। আপনার জন্যে কোন কোর্সটি প্রয়োজনীয় তা বাছাই করার জন্যে এই ওয়েবসাইট - [www.ideastore.co.uk](http://www.ideastore.co.uk) -ভিজিট করার জন্যে অনুরোধ করা হয়েছে।

গার্ডেন ওয়েস্ট সার্ভিস

ব্যবহার করুন

সামার বা গ্রীষ্মকাল চলে আসছে। আবহাওয়া উষ্ণ হতে শুরু করতেই বাসিন্দারা তাদের গার্ডেন নিয়ে ব্যস্ত হতে শুরু করেছেন। কাউন্সিলের গার্ডেন ওয়েস্ট সার্ভিস এর সেবা নেয়ার সময় এখনই।

বারার যেসকল বাসিন্দা গার্ডেন সমেত হাউজে বাস করেন, তারা গার্ডেন ওয়েস্ট কালেকশন সার্ভিস গ্রহণ করতে পারেন। কাউন্সিলের পক্ষ থেকে সবুজ রংয়ের পূর্ণব্যবহার উপযোগী ব্যাগ দেয়া হয়েছে এবং প্রতি সপ্তাহে তা সংগ্রহ করা হয়ে থাকে।

গার্ডেনের অধিকাংশ আবর্জনাই কম্পোস্টিংয়ের জন্য সংগ্রহ করা হয়। এগুলো ইস্ট লন্ডনের একটি স্থানে নিয়ে যাওয়া হয়, যা পরবর্তীতে কম্পোস্টিং আকারে কৃষিখাতে ব্যবহার করা হয়। গার্ডেন ওয়েস্ট বা বাগানের আবর্জনা ভর্তি সবুজ ব্যাগ সকাল ৭টার মধ্যে বাইরে এমন স্থানে রাখুন, যাতে করে সংগ্রহকারীরা রাস্তা থেকেই তা দেখতে সক্ষম হন।

কোন ধরনের গার্ডেন ওয়েস্ট কালেকশন করা

হয়, তা জানতে হলে [www.towerhamlets.gov.uk/recycling](http://www.towerhamlets.gov.uk/recycling) - এই ওয়েসাইট ভিজিট করুন।

দ্বিতীয় অথবা বদলি ব্যাগ পেতে চাইলে, কিংবা সংগ্রহ না করার বিষয়ে রিপোর্ট করতে চাইলে অথবা এ ব্যাপারে আরো তথ্য জানতে চাইলে দয়া করে ০২০ ৭৩৬৪ ৫০০৪ নাম্বারে ফোন করতে অনুরোধ করা হয়েছে।

ইয়েবসলি স্ট্রিটে (ই১৪ ৯আরজি) অবস্থিত রিইউজ এন্ড রিসাইকল সেন্টারেও বাগানের আবর্জনা নিজে নিয়ে গিয়ে ফেলে আসা যাবে।

ইস্টার হলিডেতে শিশুরা

মেতেছিলো নির্মল আনন্দে



ইস্টার হলিডে উপলক্ষে টাওয়ার হ্যামলেটস কাউন্সিল এর উদ্যোগে শিশুদের বিনোদনের জন্যে দুটি অনুষ্ঠানের আয়োজন করে।

এই বর্ণাঢ্য অনুষ্ঠানে অংশগ্রহণকারি শিশুরা ভিক্টোরিয়া পার্কের ভিক্টোরিয়া এন্ড আলবার্ট ভবনে স্থাপিত মধু সুস্বাদু ঐতিহ্যবাহি চকোলেট এগ দিয়ে সৃজিত করে আনন্দ উপভোগ করে।

প্রায় দুই শত শিশু পার্কে অনুষ্ঠিত এই অনুষ্ঠানে অংশগ্রহণ করে এবং তারা টুপি ও কার্ড তৈরি কার্যক্রমে অংশ নেয়।

অনুষ্ঠানাদির অন্যতম একটি ছিলো, শিশুদের একটি তালিকা দিয়ে ঘন জঙ্গলে পাঠানো হয় কিছু বস্তু খোঁজে আনার জন্যে। তারা এসব জিনিস আনতে পারলে তাদেরকে পুরস্কার হিসেবে ইস্টার এগ প্রদান করা হয়। এ ছাড়াও শিশুদের জন্যে ইস্টার বানি’র উপস্থিতি ছিল আশ্চর্যজনক।

দুই সন্তানের জননী লরেল অনুষ্ঠান সম্পর্কে তার অভিজ্ঞতার কথা বলতে গিয়ে বলেন, শিশুদের জন্যে এই অনুষ্ঠানটি খুব সুন্দর করে সাজানো হয়েছিল, এবং মেধা ও বুদ্ধির নানা খেলাধুলাও শিশুরা উপভোগ করেছে।

বালির স্তুপ থেকে টোকেন সংগ্রহ করার জন্যে দুইশত শিশু অংশ নেয়। টোকেনের বিনিময়ে তারা চকলেট এগ লাভ করে।

দুপুরে শিশু ও তাদের অভিভাবকরা আর্টস ও ক্রাইফটস, ইস্টার গেইম ইত্যাদি অনুষ্ঠানে অংশগ্রহণ করেন।

■ The above stories are: Bright idea for small businesses – page 11; garden waste collection service – issue 1006; Easter holiday fun for all – page 9



Over three consecutive Saturdays, Crisp Street Market became more than a place to grab a quick bite as the council and its partners re-imagined what the space could be like beyond the buzz of the everyday trade, as **Anna Wilson** reports.

# Taking it to the streets



Poet Roy Gillene-Star is interviewed by Crisp Street On Air



Adam Spelling and Lisa Moore from Lansbury Boxing Club



(l-r) George Wymer, Clifton Thompson and Richard Carey



Local resident Martin sings a reggae tune



Local star Andrea Gorse sings Aretha Franklin at the karaoke



Street art welcoming Angela Lansbury back to Poplar

**CHRI SP Street Market has been the heart of the community for generations, but with the surge of online shopping and competition from supermarkets, there is further need to protect and promote the borough's markets.**

To encourage conversations and feedback from residents about its future, a series of live events entitled the Crisp Street Market Show were hosted in Market Square.

Food from local vendors and a selection of east London specialties made up a special Crisp Street Market menu, served on social dining tables, while a platform space presented concerts, film screenings, karaoke sessions and even a boxing match.

The project has been supported by Tower Hamlets Public Health, the Greater London Authority and The Decorators, an organisation that encourages people to engage with local objects and architecture.

Each Saturday featured live radio shows, inviting visitors to show off their musical, story-telling, poetic and comedic talents on an open-mic.

A Crisp Street On Air talk show gave the opportunity for people to voice their opinions and discuss future initiatives and development in the area.

Topics of conversation ranged from the importance of the market as a social and economic asset for the area, the challenges faced by the market as well as discussions around ways to successfully sustain the market.

The project aimed to improve perception of the area and increased awareness of the importance of social and community cohesion.

In a statement on their project, The Decorators said: "Crisp Street Market is a pedestrianised shopping centre and marketplace built as a post-war vision of community living. Our proposal is inspired by Fredrick Gibberd's original vision as a place for a new kind of social housing.

"The philosophy of the original design was



George Woods has a few stories to tell on Crisp Street On Air



A resident enjoys the Angela Lansbury Quiz



(l-r) Pauleen Goswell and M...

that all a community requires should be within the neighbourhood, and our aim is to resurrect and reconnect with that vision. "Through a process of community engagement and participation, the square was used as a space to exchange

thoughts and ideas between local residents as well as a London-wide audience." Dr Somen Banerjee, director of Tower Hamlets Public Health, said: "We aim to raise the profile of this market and attract further support for new and existing local businesses,





aoke



People of all ages sang at the karaoke



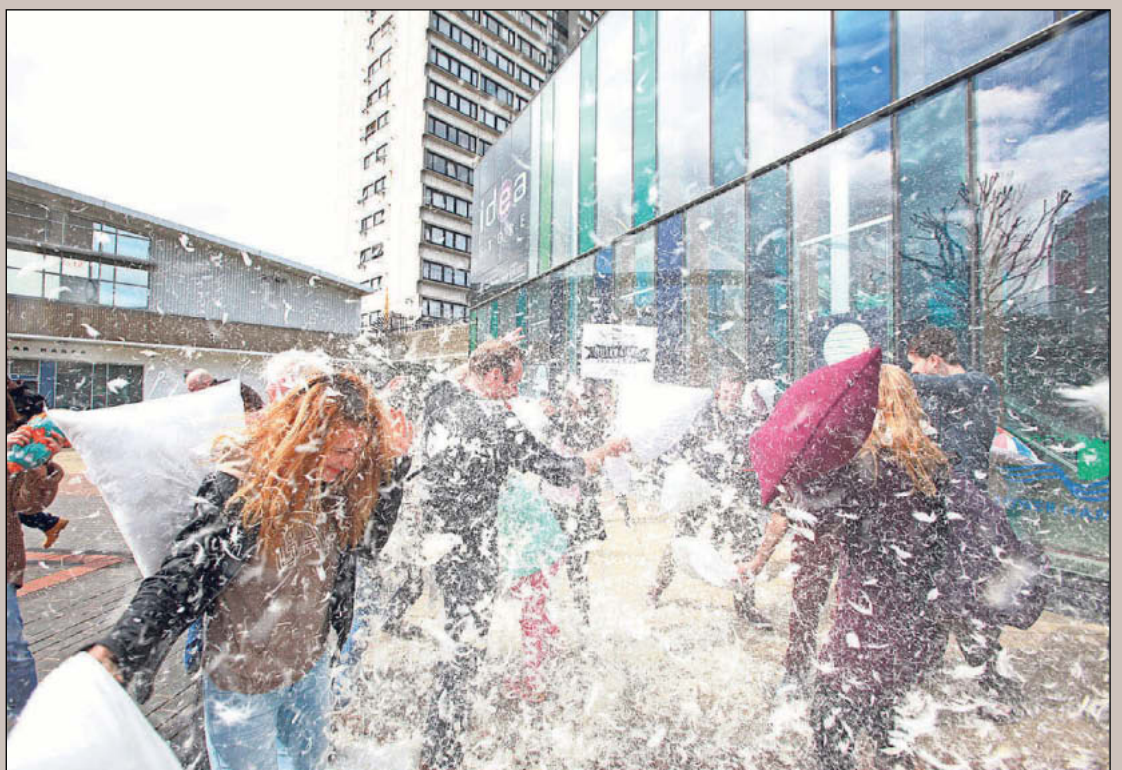
Maureen Patterson live on air



Popcorn being served at Bedknobs and Broomsticks

increase the supply and production of healthier food, reduce market vacancies, and increase local employment opportunities.” Debbie Carpenter, operations manager for market services at the council, said: “Attracting wider footfall through initiatives like the

Chrisp Street Market Show allows the market to thrive and grow while continuing to serve the needs of the community.” Visit [www.chrispstreetonair.com](http://www.chrispstreetonair.com) for archive material from all the events and to listen to the podcasts.



The film screenings at Chrisp Street On Air were part of the Angela Lansbury Film Festival held over the second weekend in honour of the 88-year-old actress and grand-daughter of former Poplar mayor and MP George Lansbury. Her many films include Bedknobs and Broomsticks and a pillow fight was held on International Pillow Fight Day as a nod to the film.

Interviews can be downloaded from iTunes under The Decorators or at <https://audioboo.fm/ChripStreetOnAir>







## You dancin'?

Dance teacher Peter Ayres (left) will put a swing in your step.

DETAILS BELOW



## Over the Moon for children's theatre

Half Moon presents professional theatre for children and young people at its Limehouse venue, as well as touring nationally. It also offers kids the chance to participate in drama and theatre.

WWW.HALFMOON.ORG.UK

## Out & about guide

### Kids

#### Dance play

Dance and movement for parents/carers and children aged 1-5. Tues, 1.45-2.45pm, £1.50 (concessions available). Language of Dance Centre, Oxford House, Derbyshire Street, E2.

7749 1131

#### Ballet

Classes every Thurs – ages 3-5 yrs, 3.50-4.25pm, £4; ages 6-11 yrs, 4.25-5.10pm, £4. Alpha Grove Centre, Isle of Dogs, E14.

7538 1714

#### Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm. Tower Project, 45-55 White Horse Road, E1.

naima@towerproject.org.uk

7790 9085

#### Kids' Creative Dance Classes

For ages 2-11 on Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions. Chisenhale Dance Space, 64-84 Chisenhale Road, E3

8981 6617

chisenhaledancespace.co.uk

#### Rhyme time

Thurs, 2-3 pm. Watney Market Library, 30-32 Watney Market, E1.

7790 4039

#### Young & talented?

Performing arts group for 6-to 16-year olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2.

8556 5348

### Music

#### Creative Unity steel band

Steel pan classes Thurs, 6.30-8.30pm. St Matthias Community Centre, 113 Poplar High Street, E14.

07808 847974

### Parent & child

#### Dance play

Dance and movement for parents/carers and their children aged 1-4. Weds, 10-11am. £3.50/class or £2/class if paid termly. Language of Dance, Oxford House, Derbyshire Street, E2.

7749 1131

#### Island Tots

For childminders, parents and kids ages 0-4. Mon-Fri, 1-3pm, term-time.

55 Club, Samuda Estate, Stewart Street, E14.

7538 3292

#### Toyhouse library

Mons, 1.30-3.30pm, Halley Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

#### Yoga for pregnancy and mums and babies

Pregnancy class. Mums and babies classes.

07958 645978

www.clareday-yoga.co.uk

## What's on where this week

### Clubs

#### Bubble Club – Cheesy Pop

A night of the cheesiest choons from the 80s, 90s and noughties. DJ Factory and cabaret. £5. Weds, Apr 30. 7-11pm. Backyard Bar, 231 Cambridge Heath Road, E2.

### Events

#### Swing Dance Class

Teacher Peter Ayres will be taking you through essential basics to get you set for the dance floor. £8 for an hour, £10 for two hours. Weds, Apr 30. 7-9pm. Kingsley Hall, Powis Road, E3.

kingsxswing@gmail.com

### Exhibitions

#### Chris Marker

First UK retrospective of the French film maker, photographer, writer and multimedia artist. Free. Until Jun 22. Tues-Sun, 11am-6pm, Thurs, 11am-9pm. Whitechapel Gallery, 77-82 Whitechapel High Street, E1.

7522 7888

www.whitechapelgallery.org

#### HELP! SAVAGES

Recent work by BA and MA students studying fine art at the University for the Creative Arts, featuring a range of media.

Until Mon, May 5. Mon-Fri, 9am-10pm, Sat, 10am-2pm. Oxford House, Derbyshire



**One Way Ticket.** Drawing on real-life stories, this show by three poetry performers tells the story of Jeannie, Ronnie and other children of the 1950s as they are sent by ship from children's homes in the UK to tough new lives on the other side of the world. Suitable for ages 8-12. £6. Weds-Sat, Apr 30-May 3. Weds-Fri, 1.30pm; Fri, 4pm; Sat, 11am & 2pm. Half Moon, 43 White Horse Road, E1.

Street, E2.

www.oxfordhouse.org.uk

**Scale Appropriate: Sculpture by Michael Lyons**

Working predominantly in metals, Lyons' subject matter includes mythological themes, the influence of works of art from ancient cultures,

landscape and the forces of nature. Free.

Until May 23. Daily. Lobby, One Canada Square & Jubilee Park, Canary Wharf, E14.

On Tues, Apr 29, 6.30-7.15pm, curator Ann Elliott tours the exhibition with the artist. Free. Email [visualart@canarywharf.com](mailto:visualart@canarywharf.com) to reserve a place.

### Film

#### Artists' Film International

Three films from Belgrade, Istanbul and Mumbai, exploring how conflict has become part of the fabric of the everyday, the rise of neo-liberalism and the relationship between humans and nature. Until June 22. Free. Whitechapel Gallery, 77-82 Whitechapel High Street, E1.

www.whitechapelgallery.org

### Theatre

#### Hamlyn

Modern version of the play by Spanish playwright Juan Mayorga, based on the tale of the Pied Piper questions the ability of systems of law, psychiatry and bureaucracy to effectively help the weak. £14/£10.

Until Fri, May 9 (exc Suns & Mons). 7.30pm.

The Space, 269 Westferry Road, E14.

7515 7799

www.space.org.uk

## Help a child to Read, Grow and Succeed.

Beanstalk is a charity that trains volunteers to help children aged 6-11 become confident and literate. Volunteers are urgently needed now!



#### To become an Inspiring Reading volunteer you must:

- Be able to spare three hours per week, plus your travel time
- Commit for at least a year
- Have been resident in the UK for at least two years
- Be fluent in English and a competent reader
- Believe in the importance of literacy

#### Get involved and make a real difference to a child's future.

Beanstalk is committed to safeguarding the welfare of children and young people and requires all staff and volunteers to share this commitment. Successful applicants will be required to obtain a DBS disclosure at the appropriate level.

Can you spare a few hours a week to help a child to learn to read?



**Beanstalk**  
Read • Grow • Succeed

For more information visit [www.beanstalkcharity.org.uk](http://www.beanstalkcharity.org.uk) or contact us on 020 7250 8275





## First solo London exhibition

Céline Condorelli lives and works in London, and has exhibited as far afield as Germany, Italy, Turkey and Egypt. Catch her current exhibition at the Chisenhale Gallery until June 22.

SEE BELOW

## A Rich Mix of events

Music, art, dance, food, cinema and performance, during the day for all the family, for party-goers at night.

SEE BELOW

### Out & About

# Five-day bank holiday party

BY RUSSELL COTMAN

**THIS May bank holiday Rich Mix is handing over the keys to the house creative maestro Tupac Martir.**

Having worked on production design, visuals and lighting direction for the likes of Elton John, Beyoncé and Coachella Music & Arts Festival, this is a man with an impeccable pedigree.

Over five days, starting this Thursday, May 1, Looking Outside My Window will amalgamate music, art, dance, food, cinema and performance.

It will feature music from James Lavelle, The XX, Múm, Addictive TV and Cabinet of Living Cinema. There will also be an installation by Bruno Zamborlin.

Cinema screenings include childhood classics such as The



The XX (left) will be performing at Looking Outside My Window. (Right) Organiser Tupac Martir



Jungle Book and accessible cinema for those with disabilities.

It also offers the chance to see the second ever screening of Alejandro Franco's documentary For Those About to Rock: The Story of Rodrigo Y Gabriela.

There will be a 20-minute performance devised in just three days featuring dancer Malgorzata Dzierzon with lighting design from Bambi Bueno and costumes by Thomas Tait.

Visitors are able to see the

work in progress before the final result, which runs a total of three times on Monday, May 5.

With an offering for the whole family during the day and some late-night action for those looking to party, visitors can dip

in and out at any point over the five days. Entrance for most elements of the weekend cost £1, others range in price up to £30.

There are more than 20 events to choose from so check [www.richmix.org.uk](http://www.richmix.org.uk) for details.

## Condorelli at Chisenhale

**CHISENHOLE Gallery presents a new commission and first solo London exhibition by Céline Condorelli.**

This new body of work explores how relationships are articulated by the things that surround us in both useful and purposeless ways.

Condorelli's work is concerned with how all human action takes place amid structures of support – whether emotional, legal or physical – mostly taken for granted, and therefore often seeming to be invisible.

She has explored this interest in her long-term collaborative project Support Structure (2003-09) with Gavin Wade.

Including a programme of discursive events, the exhibition is imagined as a context for co-existence – of objects, participants and audience – through doing and thinking.

The exhibition starts on Friday, May 2 and runs until June 22 at the gallery in 64 Chisenhale Road, Bow – more details at [www.chisenhale.org.uk](http://www.chisenhale.org.uk)



**LIVE art festival StreetFest returns on bank holiday weekend at a new venue.**

At Forman's Fish Island in Hackney Wick for the first time, and now in its seventh year, StreetFest organisers say it will be the biggest and best yet. From 1-11pm there will be musicians, painters, performers, dancers, skaters and graffiti writers – keeping as many as 7,000 festival-goers happy.

Professor Green, Maverick Sabre, Devlin and Wretch 32 have all featured at past events and, as ever, it is a chance for audience members to spot the next big thing, and for up-and-coming artists and musicians to show their talent. Workshops and competitions will run throughout the day. This year StreetFest is working with curators Music Is Remedy, Lovenskate, BS Supreme, Secret Walls, Kingdom, TogetherTheyCome, Unsigned London, Plug in to Perform and many more. StreetFest is at Forman's Fish Island, Stour Road, Bow on Sunday, May 4. Ticket prices vary – visit [www.streetfest.net](http://www.streetfest.net) or [www.facebook.com/streetfestlive](http://www.facebook.com/streetfestlive) for details.

### News in brief

#### Life after JG Ballard

WORKS by the daughter of author J G Ballard exploring bereavement and the physical 'stuff' left behind by departed relatives form a new exhibition.

House Clearance is a collection of drawings by Fay Ballard made since her father's death in 2009.

The house clearance of the title refers to that of the parents' home following such a bereavement. The artist described this as a "daunting task", where "the past is present in each room".

House Clearance runs from Friday, May 2 until June 27, at Eleven Spitalfields Gallery, 11 Princelet Street, Spitalfields.

It is open Monday-Friday, 12-6pm and by appointment only on Saturdays and Sundays – call 7247 1816 or [info@eleven-spitalfields.com](mailto:info@eleven-spitalfields.com)

#### Best of BBC photos

THE BBC Club photography section is once again coming together to hold its annual spring exhibition.

Photographers are comprised of BBC staff, past and present, of a variety of ages, abilities and styles.

The exhibition is on at 5th Base Gallery, 23 Heneage Street, E1 (off Brick Lane) until this Tuesday, April 29, 12-6pm. Entry is free and selected photographs are for sale.

#### EastEnders' Jessie to star in musical

EASTENDERS star Jessie Wallace and musician-turned-actor Gary Kemp star in Theatre Royal Stratford's new musical.

Fings Aint Wot They Used T'be, directed by Olivier and Tony Award-winning Terry Johnson, is set in a 1950s underworld of gamblers, spivs, prostitutes and Teddy boys.

Written by ex-convict Frank Norman, it tells the tale of Fred, a loveable rogue, who comes out of prison to find he is no longer king of the manor.

The show runs from Thursday, May 8 until June 8 at Theatre Royal Stratford East, Gerry Raffles Square, E15. Tickets range from £7-£38 at [www.stratford-east.com](http://www.stratford-east.com) or call 8534 0310.



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 web: [www.eastlondonislamicschool.co.uk](http://www.eastlondonislamicschool.co.uk)



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## CHANGES TO REFUSE AND RECYCLING COLLECTIONS MAY BANK HOLIDAY MONDAY 5th MAY 2014

Over the Bank Holiday period there will be changes to your normal collection arrangements. Your waste, recycling, food and garden waste collections will be affected

### NORMAL COLLECTION DAY

Monday 5th May ..... Tuesday 6th May  
 Tuesday 6th May ..... Wednesday 7th May  
 Wednesday 7th May ..... Thursday 8th May  
 Thursday 8th May ..... Friday 9th May  
 Friday 9th May ..... Saturday 10th May

### REVISED COLLECTION DAY

Please ensure your waste and recycling (including food and garden waste) is available for collection before 7.00am  
 Normal services resume on Monday 12th May 2014



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### Eating out, eating in

# A fresh face in the Mix

BY PAT CHOI

**INDI-GO sits between the end of Brick Lane and Shoreditch High Street station, an area of east London that doesn't struggle when it comes to footfall.**

It opened a few weeks ago inside the Rich Mix centre with a fresh-thinking menu and a colourful new space. Windows down the entire length of one side look out onto the never-dull Bethnal Green Road.

Indi-Go's menu covers breakfast, lunch and dinner, and while largely south Indian, it has some standard British-type dishes on offer and oddly a Thai bento as well. The smoothies, cakes and coffees make it a good option for a pre-cinema catch-up or place to plop yourself down with your laptop.

The server apologised as the old favourite of masala dosa (rice and lentil pancake filled with potato masala) was not available. The nearby chefs overheard and intervened, keen to offer an alternative, and took time to explain the differences between the dishes.

I didn't regret ordering the recommended idly sambar – a delicious bowl of earthy yet delicately spiced daal served



Indi-Go's menu sets it apart from its Brick Lane brethren

with steamed rice cakes and two sauces, one yoghurt and mint based, the other coconut, both with a welcome note of chilli.

The aubergine bharta was smooth, suggesting the smoked aubergine had been puréed. It combined well with tomato to become a substantial and rich vegetarian dish that we merrily scooped up with tandoori roti, the perfect vehicle, being more substantial and having more chew than other breads.

The pani-poori, mouthful-

sized crispy wheatballs filled with a chickpea and potato mix were a little disappointing. The filling was fridge-cold and the balls themselves not freshly fried. This is perhaps the sign of a new-opener not yet getting timing and demand just right.

My desi chai was made with a teabag with a few bonus cardamom seeds and cloves thrown in, which I enjoyed it all the same. The americano my companion ordered couldn't be faulted.

While slightly at odds with the trendy, distressed, edgy feel of the area, Indi-Go offers the rare feeling of space. A chance to escape the body-checks of Brick Lane, and to relax and refuel.

While still finding its feet, the food is good, fairly priced, and the menu sets it apart from its Brick Lane brethren round the corner, all piping a similar tune. **Indi-Go is at Rich Mix, 35-47 Bethnal Green Road, E1. Tel: 7613 7498.**

# Protein-packed delicious curry

**EVERY month the council's school catering service provides a tasty, easy to prepare recipe from Trigger's school meal menu for you to try at home.**

Send us a picture of yourself preparing or eating the meal – or write a review letting us know what you thought of the dish. Email your entry to [WWW.MYSCHOOLLUNCH.CO.UK/TOWERHAMLETS/PARENTS/CONTACT/](http://WWW.MYSCHOOLLUNCH.CO.UK/TOWERHAMLETS/PARENTS/CONTACT/) or post it to Recipe Competition,

Toby Lane Council Offices, Toby Lane, E1 4DN.

Don't forget to write your name, address and phone number on the back.

This month's recipe is chicken korma, which appears on our new school meal summer menu.

Trigger has chosen this meal as chicken is an excellent source of protein, which is great for growing children and building strong muscles like his.

## Chicken korma – serves 4

### Ingredients

400g chicken, diced  
150g onions, shredded  
100ml water  
100g plain yoghurt  
100g single cream or crème fraîche

100g coconut milk  
Vegetable stock cube  
5g ginger  
5g coriander powder  
5g cumin powder  
5g cinnamon  
40ml cooking oil

### Method

1. Fry the onions until soft. Add all the spices and fry for a further 2 minutes. Stir in the diced chicken and fry until browned.  
2. Make up the stock with boiling water and pour into the chicken mixture. Transfer to an ovenproof dish and cook for 30 mins in a preheated oven at gas mark 8 or 230°C

3. Remove from the oven and add the coconut milk.  
4. Reduce the oven to gas mark 4 or 180°C and cook for a further 10 minutes.  
5. Remove from the oven and stir in the yoghurt and cream/crème fraîche and heat through in the oven for a further 5 minutes.  
6. Serve with rice or bread and a crisp green salad.



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**April 2014**

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* Shared Accommodation	£98.16 per week
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3 Bedroom	£350.95 per week
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\*The shared accommodation rate will be used for single people under 35 years of age and single tenants/couples who only have exclusive use of one room and shares other facilities.



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## Celebrating community events

THCH holds events including celebrating the East End's links with hop picking and supporting community groups wishing to hold events such as the Big Lunch or Open Gardens days.

SEE BELOW

## All change

The Geffrye Museum shows how homes reflect changes in society, taste and behaviour over the past 400 years.

[WWW.GEFFRYE-MUSEUM.ORG.UK](http://WWW.GEFFRYE-MUSEUM.ORG.UK)

## Property

TOWER Hamlets Community Housing (THCH) held a Bengali New Year party for more than 80 residents and guests at the Tarling East Community Centre in Shadwell.

Author Shahida Rahman spoke about her novel, Lascar, and the history of Bengalis in the UK. Guests heard how, as Lascars, thousands of men from East Bengal (what is now Bangladesh) and West Bengal in India served in the Royal and Merchant Navy between the 16th and early 20th centuries, with many settling in Britain over the last 300 years.

After the talk and a biryani lunch, traditional Bengali

dancers and a three-piece folk group entertained guests who were also able to browse a number of stalls where information was available on topics such as recycling, cancer awareness and living a healthy lifestyle. Welcoming guests to the party on April 16, THCH chief executive Mike Tyrrell said: "At THCH we pride ourselves on celebrating community events, such as today's party marking the Bengali New Year, St George's Day, Eid and Christmas parties later in the year, as well as numerous other events."

(Pictured right) Guests enjoy a biryani lunch



## Meet the neighbours



**NEW residents moving into the East Village development near the former Olympic Park were treated to a welcome party.**

Organised by Triathlon Homes and Get Living London, the 'block party' gave people the chance to meet their new neighbours as well as find out about initiatives and facilities in the area.

More than 360 new homes have recently been occupied in the Village and the event was attended by more than 500 people.

Some 'intermediate market' homes are still available to rent on the site from £310 per week – a 20 per cent reduction on average market rate rents.

For more information visit [www.triathlonhomes.com](http://www.triathlonhomes.com) or call 3714 2160.

# Designer living at the Geffrye

BY LARAINÉ CLAY

**A NEW exhibition on contemporary design in the home opens at the Geffrye Museum this week.**

Showcasing cutting edge design by both well-established industry figures and emerging talent, it coincides with the museum's centenary year and celebrates one of its original purposes – to inspire the local furniture-making industry.

Part of the exhibition – useful + beautiful: contemporary



design for the home – will be staged in the museum's period gardens.

A programme of events has been organised during the four-month show, including talks by the curator and featured design-



ers, a debate on the future of design, workshops and activities for children.

The first of these is a panel discussion on the topic An Ideal Home? on Thursday, May 8 from 7-8.30pm. Among those



debating good design for the home, now and in the future, will be designer Wayne Hemingway, Carmel Allen, creative director at Heal's, and Gareth Williams, formerly senior lecturer at Royal College of Art.

Tickets cost £18, £14.50 concessions. To book, call 7739 9893.

Later in the year, graduate designers from leading art and design courses will be exhibiting their work – jewellery, textiles, ceramics from June 25-28 and furniture and product design, illustration and motion arts from July 2-5.

Useful + beautiful runs from Tuesday, April 29 until August 25 at the museum in 136 Kingsland Road, E2. Admission is £5 or £3 concessions.

For more information, visit [www.geffrye-museum.org.uk](http://www.geffrye-museum.org.uk)



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# tower hamlets homeseekers

**25/04/14 - 01/05/14**  
Closing date for Internet and  
Telephone bids:  
**01/05/14**

Find out about local schools, council services, transport links, and businesses at: [www.upmystreet.com](http://www.upmystreet.com)

UpMyStreet

Circle 33  
Enhancing Life Chances

east THAMES



You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

توہر ہاٹلےس ہاؤسنگ لیٹنگس آپ کی ایک ایسی فہرست پر درج ہے جس پر آپ کی درخواست کی جائے گی۔ آپ کو یہ فہرست دیکھنی چاہیے۔ آپ کو یہ فہرست دیکھنی چاہیے۔ آپ کو یہ فہرست دیکھنی چاہیے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کر سکتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطہ کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ سے وہ نمبر پر ملاحظہ کر سکتے ہیں۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若您仍然登記在塔橋區政府現時生效的房屋名單上，您才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اس صورت میں بولی دے سکتے ہیں اگر "ہاؤسنگ لیٹنگس" میں آپ کی درخواست درج ہو رہی ہو۔ براؤزنگ میں سے کسی گھر کو دیکھنے کے لئے مت جائیے، کیونکہ یہ ہمسایوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کر سکتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطہ کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ سے وہ نمبر پر ملاحظہ کر سکتے ہیں۔

website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet '**Support Charges in long term Supporting People Services**'. This is also available on our website [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk).

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

## Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



**1. Internet Bidding**  
Just log on to [www.thhs.org.uk](http://www.thhs.org.uk)



**2. Telephone Bidding**  
Simply call 0845 270 2400

## Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

## CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme ([www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)) and local pay-as-you-go car clubs ([www.carplus.org.uk](http://www.carplus.org.uk)) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer

Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit [www.towerhamlets.gov.uk/parking](http://www.towerhamlets.gov.uk/parking)





**OVER 50's**  
**Accessible Category E**  
**BENTWORTH COURT, GRANBY STREET, E2**  
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted

Eligibility : Min Client Age 50

£123.12, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29787



**OVER 50's**  
**Accessible Category F**  
**ALLISTON HOUSE, GIBRALTAR WALK, E2**  
 Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility : Min Client Age 50

£121.75, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29764



**BEDSIT SELF-CONTAINED FLAT**  
**Accessible Category F**  
**ST VINCENT DE PAUL HOUSE, JUBILEE STREET, E1**  
 Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets permitted

£93.03, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29770



**1 BEDROOM**  
**Accessible Category G**  
**ALL SAINTS COURT, JOHNSON STREET, E1**  
 Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Pets not permitted

£120.85, Weekly - Social Rent  
 Landlord: Southern Housing Group

Property Ref: 29788



**1 BEDROOM**  
**Accessible Category F**  
**SALTWELL STREET, E14**  
 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£122.03, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29777



**1 BEDROOM**  
**Accessible Category G**  
**ROFFEY STREET, E14**  
 Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years. Electric only~no gas .

£151.21, Weekly - Social Rent  
 Landlord: One Housing Group

Property Ref: 29782



**1 BEDROOM**  
**Accessible Category G**  
**MICHIGAN HOUSE, WESTFERRY ROAD, E14**  
 Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Pets not permitted  
 PREFERENCE TO HOUSING MOVES APPLICANTS

£149.24, Weekly - Social Rent  
 Landlord: One Housing Group

Property Ref: 29768



**1 BEDROOM**  
**Accessible Category F**  
**RHODESWELL ROAD, E14**  
 Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£125.36, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29784



**1 BEDROOM**  
**Accessible Category F**  
**NOVA COURT EAST, YABSLEY STREET, E14**  
 Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those who currently hold a Secure or Assured social housing tenancy

£151.82, Weekly - Social Rent  
 Landlord: Swan Housing Association

Property Ref: 29790



**1 BEDROOM**  
**Accessible Category F**  
**DOURO STREET, E3**  
 Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted Juliet balcony

Eligibility : Band 3

£118.38, Weekly - Social Rent  
 Landlord: Gateway Housing Association

Property Ref: 29769



**1 BEDROOM**  
**Accessible Category F**  
**CAMPBELL ROAD, E3**  
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£123.11, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29771



**1 BEDROOM**  
**Accessible Category F**  
**FAIRFOOT ROAD, E3**  
 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£122.83, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29785



**1 BEDROOM**  
**Accessible Category F**  
**ST CLAIR HOUSE, BRITISH STREET, E3**  
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets with landlords permission

£117.25, Weekly - Social Rent  
 Landlord: EastendHomes

Property Ref: 29772



**2 BEDROOMS**  
**Accessible Category D**  
**FORGE SQUARE, E14**  
 Flat • 2 Bed 4 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

PREFERENCE TO HOUSING MOVES APPLICANTS

£172.33, Weekly - Social Rent  
 Landlord: Asset Trust

Property Ref: 29791



**2 BEDROOMS**  
**Accessible Category F**  
**BROCKWEIR, CYPRUS STREET, E2**  
 Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Pets not permitted

£118.20, Weekly - Social Rent  
 Landlord: Southern Housing Group

Property Ref: 29789



**2 BEDROOMS**  
**Accessible Category F**  
**WESTHOPE HOUSE, DERBYSHIRE STREET, E2**  
 Maisonette • 2 Bed 4 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£124.87, Weekly - Social Rent  
 Landlord: Tower Hamlets Council

Property Ref: 29766





**2 BEDROOMS**  
**Accessible Category F**  
**FAIRFOOT ROAD, E3**

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets with landlords permission • One week's rent required at sign up of tenancy •

£138.97, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 29774



**2 BEDROOMS**  
**Accessible Category F**  
**DERWENT HOUSE, SOUTHERN GROVE, E3**

Maisonette • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

Eligibility : Band 3

£133.47, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 29776



**2 BEDROOMS**  
**Accessible Category F**  
**CONISTON HOUSE, SOUTHERN GROVE, E3**

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets with landlords permission

£132.55, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 29778



**2 BEDROOMS**  
**Accessible Category F**  
**ENNERDALE HOUSE, HAMLETS WAY, E3**

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

Eligibility : Band 3

£137.18, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 29779



**3 BEDROOMS**  
**Accessible Category F**  
**PAYMAL HOUSE, STEPNEY WAY, E1**

Maisonette • 3 Bed 5 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£132.70, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 29775



**3 BEDROOMS**  
**Accessible Category F**  
**ST HUBERTS HOUSE, JANET STREET, E14**

Flat • 3 Bed 5 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Band 3

£146.23, Weekly - Social Rent  
Landlord: Gateway Housing Association

Property Ref: 29780



**3 BEDROOMS**  
**Accessible Category F**  
**RAMSEY STREET, E2**

Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£137.05, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 29767



**3 BEDROOMS**  
**Accessible Category F**  
**HEDSOR HOUSE, LIGONIER STREET, E2**

Flat • 3 Bed 6 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

Eligibility : Transfer List

£139.08, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 29786

# AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. **Please note the rent level and length of tenancy offered on the following homes.**

You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.



**AFFORDABLE RENT**  
**Accessible Category F**  
**HOLMSDALE HOUSE, POPLAR HIGH STREET, E14**

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

Eligibility : Band 3

£150.40, Weekly - Affordable Rent  
Landlord: Gateway Housing Association

Property Ref: 29781



**AFFORDABLE RENT**  
**Accessible Category E**  
**LOCKSLEY STREET, E14**

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted • Life Time.

£171.27, Weekly - Affordable Rent  
Landlord: Gateway Housing Association

Property Ref: 29783



**AFFORDABLE RENT**  
**Accessible Category G**  
**STEVEDORE STREET, E1W**

Flat • 2 Bed 3 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Electric only~no gas

£231.36, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 29773



**Internet Bidding**  
Just log on to  
[www.thhs.org.uk](http://www.thhs.org.uk)



**Telephone Bidding**  
Simply call  
**0845 270 2400**

## REMINDER

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.



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\*Terms and conditions apply





Hermitage is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

This role requires an enhanced criminal record disclosure.

We welcome applications from all sections of the community.

## Hermitage Primary School

Vaughan Way, London E1W 2PT  
Tel: 020 7702 1037  
Email: [admin@hermitage.towerhamlets.sch.uk](mailto:admin@hermitage.towerhamlets.sch.uk)

### Learning Support Assistant

Full time/contract reviewed annually

*Are you looking to work with SEN children in a school that is delivering a truly creative curriculum?*

This term the children at Hermitage have been digging up Roman pots on the shore of the River Thames, exploring our Forest school, writing play scripts with the Guildhall, amongst other innovative learning activities.

Hermitage is a school that puts the needs of the children at the heart of everything it does. We are looking for a learning support assistant to work with children who have special educational needs. You must be able to support a child with autism through work in class and also through delivering personal learning programmes based on the child's needs, with support from specialists. We are particularly interested in candidates who have previous experience of working with children with special educational needs in a school setting and who will enjoy working as part of a team to achieve the highest possible standards for our pupils.

We are situated in the historic riverside location of Wapping, with good travel links via the DLR, Underground and bus.



We look forward to welcoming applicants who would like to find out more about us, and the jobs.

All details and application pack available via email  
[admin@hermitage.towerhamlets.sch.uk](mailto:admin@hermitage.towerhamlets.sch.uk)

Closing date: Friday 16th May midday

Interviews: Friday 23rd May, for a starting date of 30th June 2014.

Please email applications to:  
[admin@hermitage.towerhamlets.sch.uk](mailto:admin@hermitage.towerhamlets.sch.uk)

## Head Teacher for Islamic School

Start date: September 2014      Salary: **£45k-£60k** (negotiable)

**The East London Mosque Trust is seeking to recruit a Head Teacher who will lead the London East Academy, and play a central role in overseeing Al Mizan Primary School and the Maryam Academy for girls.**

Any offer of employment will be subject to satisfactory enhanced DBS (formerly CRB) clearance and references. This post is open to men only and is exempt under the Sex Discrimination Act 7(2)(d) and (e)

## Head of School for Maryam Academy

Start date: dependent upon on availability      Salary: **£40k-£50k** (negotiable)  
(New school opens in Sep 2015)

**The East London Mosque Trust is seeking to recruit a Head of School who will play a central role in creating and leading our new Islamic secondary school for girls, to complement our existing provision of primary and secondary education for boys.**

Any offer of employment will be subject to satisfactory enhanced DBS (formerly CRB) clearance and references. This post is open to women only and is exempt under the Sex Discrimination Act 7(2)(d) and (e)

## Application Pack Available

Online: [www.eastlondonmosque.org.uk/content/vacancies](http://www.eastlondonmosque.org.uk/content/vacancies)  
Email: [director@eastlondonmosque.org.uk](mailto:director@eastlondonmosque.org.uk)  
Reception: 46-92 Whitechapel Road, London E1 1JX

**DEADLINE FOR APPLICATION: MONDAY 19<sup>th</sup> MAY 2014**

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## Career Opportunities

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### Temporary Senior Contract Lawyer

Law, Probity & Governance Directorate  
Ref: LPG00010 | FTC until 31 March 2015

### Temporary Contract Lawyer

Law, Probity & Governance Directorate  
Ref: LPG00009-1 | FTC until 31 March 2015

**£42,681 - £45,360**

**£35,406 - £38,229**

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.


[www.towerhamlets.gov.uk/careers](http://www.towerhamlets.gov.uk/careers)

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.

**Closing date: 4 May 2014**







### CENTRAL FOUNDATION GIRLS' SCHOOL

(Voluntary Aided) Headteacher: Ms E Holland  
Harley Grove, London E3 2AT  
Tel: 020 8981 1131 | Fax: 020 8983 0188  
Website: [www.central.towerhamlets.sch.uk](http://www.central.towerhamlets.sch.uk)  
Email: [welcometo@central.towerhamlets.sch.uk](mailto:welcometo@central.towerhamlets.sch.uk)  
*Educating Tomorrow's Women*

### SENIOR TEACHING ASSISTANT

**With HIGHER LEVEL TEACHING ASSISTANT STATUS**

**35 hours per week 8.30am – 4.30pm**  
**Scale 6 (point 26-28) £25,770 - £27,279**  
**Actual salary pro rata £23,788- £25,180 approx**  
Term time plus two weeks  
(to be worked flexibly over the holiday period)









The Governing Body and Headteacher wish to appoint a well-qualified, experienced, enthusiastic and ambitious Senior Teaching Assistant with Higher Level Teaching Assistant status to start immediately at this large oversubscribed girls' school serving the diverse community of London's East End.

This post will involve delivering an excellent service to our students with SEN. You will be committed to inclusion and work in an inclusive setting. You will lead a large team of Teaching Assistants and are expected to be an excellent team player, have experience in working with young people with physical disabilities and a range of learning needs.

CFGs is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. All successful applicants will be requested to undertake an Enhanced Disclosure Check by the Criminal Records Bureau.

For an application pack please download the details from the School's website, or email Ms Chowdhury, Human Resources Manager to: [nchowdhury@central.towerhamlets.sch.uk](mailto:nchowdhury@central.towerhamlets.sch.uk)

**Closing date: 9.00am on Friday 2nd May 2014**

## To place your ad in East End Life, call...

**Chris on 7364 4994**

**Fatima on 7364 4623**

**Terri on 7364 4682**

**Sharan on 7364 4061**

**To reserve your space, please call us to book by midday on the Tuesday prior to the Sunday publication date.**





## HLF Skills for the Future Traineeships

Supported by the Heritage Lottery Fund, over the next two years the Whitechapel Gallery will be recruiting six Trainees per year to work in six different departments, commencing in June 2014.

Traineeships focus on high quality, work-based accredited training, with additional in-house workshops, visits to museums, galleries, and archives, and monthly career mentoring sessions. Contracts are for one year, with a £14,500 bursary.

On completion, Trainees are awarded an EDI level 3 diploma in Cultural Heritage. The programme aims to bring new and diverse talent into the heritage sector, and to provide an entry route into cultural employment for those with little prior work experience.

**The application process for 2014-15 is now open.**

Please visit [www.whitechapelgallery.org/about-us/job-vacancies](http://www.whitechapelgallery.org/about-us/job-vacancies) to download an application pack. Please read all guidance carefully, and return your completed application form to [recruitment@whitechapelgallery.org](mailto:recruitment@whitechapelgallery.org).

### Deadline:

**Midday 2 May 2014 (extended)**

### Interview schedule:

Development Traineeship:	12 May 2014
Operations Traineeship:	13 May 2014
Visitor Services Traineeship:	14 May 2014
Exhibitions Traineeship:	16 May 2014
Education Traineeship:	19 May 2014
Communications Traineeship:	21 May 2014

### Start date:

**9 June 2014**

Supported by  
**The National Lottery**  
through the Heritage Lottery Fund



Whitechapel  
Gallery

Barts Health **NHS**  
NHS Trust

## HEALTHY LIFESTYLE PROGRAMME



### FOR 12-18 YEAR OLDS ABOVE A HEALTHY WEIGHT

Get fit with girls only group physical activity and sports coaching sessions

Learn creative ways to eat more healthily and cook your own recipes

Understand yourself better and feel more confident

Learn new strategies to change your lifestyle

Access extra activities and trips throughout the year

Invite your parents to celebrate your achievements

**EVERY SATURDAY FOR 10 WEEKS**

**VENUE:**

**OSMANI CENTRE  
58 UNDERWOOD RD  
LONDON E1 5AW**

To find out more or to book a place contact the team on:  
Tower Hamlets Weight Management Service

020 8223 8485 • [weight.management@bartsandthelondon.nhs.uk](mailto:weight.management@bartsandthelondon.nhs.uk)

OC Active Healthy Lifestyle Programme is being delivered as part of a partnership between Osmani Trust and Barts Health NHS Trust, and is supported by Big Lottery Fund and Tower Hamlets Public Health.



[osmanitrust.org](http://osmanitrust.org)

## Public notices

### PUBLIC NOTICE

#### THE LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 16A

#### TEMPORARY PROHIBITION OF TRAFFIC (NIKE "WE OWN THE NIGHT" 10 KM RUN VICTORIA PARK) ORDER 2013

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets, with the agreement of the London Borough of Hackney, made the above-mentioned Order under Section 16A of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from proceeding between 19.30 hours and 23.00 hours in:

- Grove Road between its junction with Wetherell Road and its junction with Old Ford Road;
- Lauriston Road between its junction with Victoria Park Road and its junction with Wetherell Road.

There will be no restriction for residents and businesses wishing to access the streets of Wetherell Street, Gore Road, Morpeth Road, Connor Close and Rutland Road.

The restriction on vehicular traffic will enable the NIKE "We Own the Night" 10 KM RUN to take place

in Victoria Park. Access will be provided for Police, Fire and Ambulance vehicles in an emergency or access may also be provided with the permission of a Police Officer in uniform.

The Order will operate on Saturday 10th May 2014 when temporary traffic signs and cones are placed on the public highway.

If you require any further details regarding the above special event please contact Alison Denning, Festival and Events Officer on 0207 364 7907 or e-mail [alison.denning@towerhamlets.gov.uk](mailto:alison.denning@towerhamlets.gov.uk)

**Dated: 28th April 2014**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

### PUBLIC NOTICE

#### THE LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

#### TEMPORARY PROHIBITION OF TRAFFIC - ALIE STREET E1

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough

of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Alie Street between for a distance of approximately 50 metres between its junction with Mansell Street and its junction with Leman Street.

The restriction on vehicular traffic will enable essential crane works to be carried out on the public highway by Riglift UK Limited.

The alternative route for vehicular traffic will be via Mansell Street, Whitechapel High Street, Leman Street and Alie Street.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Alie Street between its junction with Mansell Street and its junction the Leman Street will be temporarily suspended.

The restriction on vehicular traffic will operate on the following weekends:

- Saturday 17th May 2014 from 08:00 hours to 18:00 hours;
- Sunday 18th May 2014 from 11:00 hours to 18:00 hours;
- Saturday 24th May 2014 from 08:00 hours to 18:00 hours;
- Sunday 25th May 2014 from 11:00 hours to 18:00 hours.

These are when temporary traffic signs are placed on the public

highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, [charlie.harrison@towerhamlets.gov.uk](mailto:charlie.harrison@towerhamlets.gov.uk)

**Dated: 28th April 2014**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

### PUBLIC NOTICE

#### THE LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

#### TEMPORARY PROHIBITION OF TRAFFIC - YABSLEY STREET E14

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Yabsley Street (in the westbound direction only) to a point approximately 40 metres from its junction with Pre-

stons Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Telford Homes Plc.

The alternative route for vehicular traffic will be via Yabsley Street, Blackwall Way, Baffin Way and Prestons Road (southbound).

The restriction on vehicular traffic will operate from Monday 12th May 2014 to Monday 11th November 2014 excluding weekends from 08:00 hours until 18:00 hours when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Transport and Highways on 020 7364 6680 or email, [john.parsons@towerhamlets.gov.uk](mailto:john.parsons@towerhamlets.gov.uk)

**Dated: 28th April 2014**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

### PUBLIC NOTICE

#### THE LONDON BOROUGH OF TOWER HAMLETS

#### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

#### TEMPORARY PROHIBITION OF TRAFFIC - CLUB ROW E1

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Club Row between its junction with Bethnal Green Road and its junction with Redchurch Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Cobra Traffic Management Limited.

The alternative routes will be via Bethnal Green Road (westbound), Ebor Street and Redchurch Street or Redchurch Street and Bethnal Green Road (westbound) and vice versa.

The restriction on vehicular traffic will operate on Saturday 3rd May 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, char-



## LONDON BOROUGH OF TOWER HAMLETS

### THE TOWER HAMLETS (WAITING AND LOADING RESTRICTIONS) (NO.1) ORDER 2012 (AMENDMENT NO.5) ORDER 2014 NO.31

### THE TOWER HAMLETS (B2 PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.2) ORDER 2014 NO.32

### THE TOWER HAMLETS (B3 PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.1) ORDER 2014 NO.33

### THE TOWER HAMLETS (PERSONALISED DISABLED PARKING PLACES) (NO.1) ORDER 2010 (AMENDMENT NO.5) ORDER 2014 NO.34

### THE TOWER HAMLETS (D1 PARKING PLACES) (NO.1) ORDER 2011 (AMENDMENT NO.3) ORDER 2014 NO.35

- NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets on 28th April 2014 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
- The general effect of the Orders would be to in:
  - Southern Grove (outside Ennerdale House) -**
    - To remove the Permit Bay on the east side and replace it with a Single Yellow Line.
    - To introduce on existing Single Yellow Line a new 2 car space Permit Bay.
    - To reduce the existing Permit Bay by 1 car space at its north end and extend it southwards by 2 car spaces.
  - Selsey Street -**
    - To convert the existing Single Yellow Line to Double Yellow Lines on both sides at its junction with St. Pauls Way.
    - To extend northwards the Resident Bay opposite Underhill House by 2 car spaces.
    - To introduce 7m of Single Yellow Line outside no.45 to partition the existing Resident Bay into 6 and 2 car spaces respectively.
  - Westferry Road -**
    - To rescind the Cashless Pay and Display Bay on the east side (south of Byng Street) to Double Yellow Line and to upgrade the Double Yellow Line at this location to 'At Any Time' Waiting and Loading Restrictions for traffic and safety reasons.
    - To upgrade existing Double Yellow Lines to 'At Any Time' Waiting and Loading Restrictions between a point 15m north of the north kerb line of Byng Street and Strafford Street.
    - To convert existing Single Yellow Line to 'At Any Time' Waiting and Loading Restrictions outside Express Wharf.
  - Strafford Street** – To upgrade existing Double Yellow Line to 'At Any Time' Waiting and Loading Restriction on the north side at its junction with Westferry Road.  
To introduce Personalised Disabled Bays in –
    - Thomas Road** – outside no.33
    - Fairfoot Road** – outside no.132
    - Blair Street** – outside 1 to 42 Helen Mackay House.
    - Oban Street** – outside no.45 to 47
    - Janet Street** – outside no. 20 to 52
    - Pennyfields** – outside no. 30 to 46
    - Florida Street** – outside no.18
- The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
- A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6952), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
- Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: [Parking.development@towerhamlets.gov.uk](mailto:Parking.development@towerhamlets.gov.uk) of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 28th April 2014

**JAMIE BLAKE**  
SERVICE HEAD, PUBLIC REALM

## LONDON BOROUGH OF TOWER HAMLETS

### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

535 Roman Road, London, E3 5EL  
Erection of canopy to front of premises.

PA/14/847/KCO

Fairlie Court, 14 Stroudley Walk, London E3  
New vehicular and pedestrian gate, replacement wall/balustrades at rear and replacement windows.

PA/14/795/KFL

600 Roman Road, London, E3 2RW  
Retrospective application for alterations to shop front.

PA/14/476/SAE

129 Cadogan Terrace, London, E9 5HP  
Erection of a 3 storey building with basement, comprising a replacement public house and 8 self-contained flats.

PA/14/816/BEE

**The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.**

29 Coborn Road, London, E3 2DA  
Creation of a spiral wine cellar under lower ground floor and addition of air vents to the front elevation

PA/14/918 & 919/PLA

11 Arbour Square, London, E1 0SH  
Ground floor rear extension finished in render and installed with a rooflight and sliding folding doors. Removal of part of the existing rear wall and window to create a new access to new extension. Blocking up existing back door.

PA/14/921 & 922/JTH

32 Aberavon Road, London, E3 5AR  
Renovation of existing 4 storey family house.  
External works include; installation of new doors, windows and roof light, water proofing the steps and repair works  
Internal works include; new timber staircase, ceilings flooring, radiators and fixtures and redecoration of the walls and ceilings

PA/14/901 & 902/JTH

**Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.**

**Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.**

Dated: 28th April 2014

**OWEN WHALLEY**  
Head of Planning and Building Control

**Take Notice of**  
**Public Notices**  
**Make sure you know what's going on in your neighbourhood.**

Public Legal Notices

## Public notices

### THE LONDON BOROUGH OF TOWER HAMLETS

#### PREMISES LICENSE ADVERT

We, Close-Up Film Centre Ltd., are applying to London Borough of Tower Hamlets Licensing Authority for a Premises License under the Licensing Act 2003 for a new premises license at No. 97-99 Sclater Street, London E1 6HR.

We are applying for the following licensable activities:  
Provision of films from 10:00hrs to 23:30hrs, closing at 00:00hrs Sun-

day to Thursday and 10:00hrs to 01:30hrs Friday and Saturday, closing at 02:00hrs allowing 30 minutes for dispersal. Sale of alcohol from 12:00hrs to 23:30hrs closing at 00:00hrs Sunday to Thursday and from 10:00hrs to 01:30hrs, Friday and Saturday closing at 02:00hrs allowing 30 minutes for dispersal.

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG (Website:

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). Tel: 020 7364 5008) by 05/05/2014.

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000).





## Why not try something new?

Try new activities with lessons and courses such as athletics at Mile End Park leisure centre, gymnastics at John Orwell sports centre and trampolining at Whitechapel sports centre.

[WWW.BETTER.ORG.UK/TOWERHAMLETS](http://WWW.BETTER.ORG.UK/TOWERHAMLETS)

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

[EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK](mailto:EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK)

## Sport

### Leisure centres

**John Orwell Sports Centre**  
Tench Street, Wapping, E1W.  
7488 9421

**Langdon Park Leisure Centre**  
35 Byron Street, Poplar, E14  
SHOKK Youth Fitness Centre.  
7987 3575

**Mile End Park Leisure Centre**  
190 Burdett Road, E3.  
8709 4420

**Mile End Park Stadium**  
Rhodeswell Road, Poplar, E14.  
8980 1885

**St George's Pools**  
221 The Highway, Wapping E1W.  
7709 9714

**Tiller Leisure Centre**  
Tiller Road, Isle of Dogs, E14.  
7987 5211

**Whitechapel Sports Centre**  
55 Durward Street,  
Whitechapel, E1.  
7247 7538

**York Hall Leisure Centre**  
5-15 Old Ford Road, Bethnal  
Green, E2.  
8980 2243

### Keep fit

**Angel yoga**  
Kundalini yoga for beginners  
every Tues, 7.30-8.45pm. £9.  
St Hilda's Community Centre,  
18 Club Row, E2.  
07890 909928  
[satkartarkaur@rocketmail.com](mailto:satkartarkaur@rocketmail.com)

**Body conditioning**  
Thurs, 6.15pm. Shadwell Basin  
Centre, Glamis Road, E1.  
07961 951522

**Coaching for juniors**  
Badminton & volleyball. Ages  
9-16, all levels welcome. £1.  
Sats, 12-2pm. Handball. for ages  
9-16. £1. Sats 2-3.30pm. Bethnal  
Green Academy Sports Centre,  
Gosset Street, E2.  
7920 7937

**Fitness Boot Camp**  
Sat 9.30-10.30am at Mile End  
Park, Grove Road, E3.  
07946 312102

**Hatha yoga class**  
Sats 9am at Yoga Place,

### Football

**SIXTEEN new football coaches have passed their FA Level 1 certificates following an Easter half-term course run by Stepney Football Club with the council. The four-day course included emergency first aid, child protection and a practical exam – and everyone who took part qualified to run junior teams. Mikayal, a participant from Abohani Football Club, said: "I'm really glad I completed this course as we are in the process of setting up junior teams and this will enable us to ensure we have qualified coaches running them." Congratulating the new coaches, Stepney FC**



secretary Akik Miah said: "It was extremely pleasing to have so many coaches from different teams such as Vallance, Bromley, Hamlets, Westward and Stepney taking part. As a club we are

keen to ensure all our volunteers are qualified and have the relevant knowledge to run teams, as this provides parents and carers with the assurance that their kids are learning in

a safe environment." Stepney FC has a range of opportunities for players and volunteers and can be contacted on [stepneyfc@hotmail.com](mailto:stepneyfc@hotmail.com) or go to [www.stepneyfc.com](http://www.stepneyfc.com)

Bethnal Green Road, E2.  
07905 944314

**Keep fit**  
Weds, 10.15-11.15am, crèche  
available. Lansbury Lodge,  
117 Ricardo Street, E14.  
7515 7471

**Keep fit**  
Weds, 11.45am-12.45pm. St  
Hilda's East Community  
Centre, 18 Club Row, E2.  
7739 8066

**Personal training**  
Get fit, lose fat, tone muscles.  
Unit 1, Simon House, Limehouse  
Studio, 566 Cable Street, E1W.  
07900 216005

**Pregnancy yoga classes**  
Small group and private tuition.  
Suitable for mums-to-be from  
14 weeks onwards. Call Claire.  
07958 645978

**Seniors exercise**  
Mons, 1.30pm, line dancing;  
Tues, 10.45am, workout.  
London Dockers Club,  
6 Boulcott Street, E1.  
7790 3785

**Step 'n' tone**  
Tues, 7pm. Shadwell Basin  
Centre, Glamis Road, E1.  
07961 951522

**Taekwondo**  
Beginners welcome. Adults

& juniors. Tues 6.30-8pm  
and Sun 1-3pm at Langdon  
Park Sports Centre, Byron  
Street, E1.  
8310 1469

**Tai Chi**  
Daily, for health and self  
defence. 449-453 Bethnal  
Green Road, E1.  
7033 3993

**Tai Chi for beginners**  
Mons 6.15-8.15pm and  
Sats 9.30-11.30am at Roland  
Philipps Scout Hall, Aylward  
Street, E1. Also, Fri 6.30-8.30pm  
at St Barnabas Church,  
corner of Grove and Roman  
Road, E3. £7.  
07748 985209

**Women's keep fit**  
Tues & Thurs, 10.30-11.30am,  
£2. Garret Centre, 117 Mansford  
Street, E2.  
7739 7241

**Women's keep fit class**  
For all ages. Sats, 1.30-3pm.  
Diesel Gym, Top Floor, Simon  
House, Butchers Row, E1W.

**Women's Yoga**  
Free classes, donations  
welcome. Take your own mat.  
Fri, 10.30-11.30am.  
Alpha Grove Community  
Centre, Alpha Grove, E14.  
7538 1714

**Yoga**  
Hatha yoga, women only,  
Sats, 11.45am-1pm. Warrior  
power flow, Mons 7-8.15pm.  
Deep yoga flow, Sats 11am-  
12.15pm. £7.50.  
The Threshold Centre,  
1 Ada Place, E2.  
7729 2961 or 07932 576333

**Yoga Creation E14**  
Ashtanga, Vinyasa, Hatha yoga  
classes (£10-£14), courses &  
workshops. For beginners to  
advanced, 7 days a week.  
Pregnancy yoga, £13.  
7517 9183  
[www.yogacreation.co.uk](http://www.yogacreation.co.uk)

**Zumba Fit**  
Fun, energetic class. All levels  
welcome. £5. Every Weds, 6.30-  
7.15pm. Bow Methodist Church,  
1 Merchant Street, E3.  
07592 140590

### Sport

**Back to netball**  
Weekly sessions. £1.10. Tues,  
6pm. John Orwell Sports  
Centre, Tench Street, E1W.  
07914 685261

**Crickets coaching**  
Under-11s and U13s – Weds,  
4-5.30pm; U16s – Tues, 4.30-  
6pm; 16+ – Thurs 5-8pm.  
Dockland Settlements,  
197 East Ferry Road, E14.

**Berner Football Academy**  
Under-12s, part of TH Youth  
League. Matches on Sat, train  
on Sun. Christian Street Ball  
Court, Berner Estate, E1.  
07960 434110

**Football training**  
Sat, 9-11am for boys and  
girls aged 5-11, Mulberry School  
for Girls, Richard Street, E1; 12-  
1pm for ages 3-5. St Patrick's  
School, Dundee Street, E1W.  
07956 095218

**Kibondo**  
Martial art for age 6 and over.  
Mons, 6.30-8pm. Fri, 6.30-  
7.30pm, children; 8-9pm, adults.  
£3.50 adults, £2.50 children, first  
lesson free. Teviot Centre,  
Wyves Street, E14.  
07956 428654

**Kickboxing and self-defence**  
£5 per class. Suns, 1pm;  
Tues, 7pm (women only).  
Whitechapel Sports Centre,  
Durward Street, E1.  
07952 872362

**Kung fu and self-defence**  
Mon, 7.30-9pm. 2nd floor,  
56-60 Nelson Street, E1.  
07947 126852

**Kung fu fitness**  
Mons 7-9pm. Bryant Street  
Methodist Centre, Stratford, E15.  
07950 637345

### Martial arts

Adults/junior kickboxing: Tues,  
6.30-7.30pm; senior ju-jitsu  
(male & female), Tues, 7.30-  
9pm; adults/junior kickboxing  
self-defence, Weds, 6.30-  
7.30pm; seniors kick/Thai  
boxing (male & female), Weds,  
8-9.30pm. Shadwell Basin  
Project Centre, Glamis Road, E1.  
07811 105620

### Multi Sports

Every Sat, 2-5pm. For ages  
11-19. George Green's School,  
100 Manchester Road, E14.  
7987 6032

### Netball

Arbour Netball Club train at  
the Parkside Leisure Centre at  
Mulberry School, Commercial  
Road, E1 every Monday night.  
01277 811772

### Rugby – men, women, youths

Millwall Rugby Club. Suns,  
10.30am-12noon (youth);  
Mons, 7.30-9pm (adults);  
Weds, 7.30-9pm (men);  
Thurs. 6.30-7.30pm (boys  
aged 7-17); Thurs, 7.30-9pm  
(women all ages).  
07963 5833655

### Table Tennis Club

Every Sat, 10am-12pm. For ages  
11-19. George Green's School,  
100 Manchester Road, E14.  
7987 6032

### Tiller Runners

Women's running group,  
suitable for all abilities. £1.10  
per session. Mon, 6.30pm.  
Meet at Tiller Leisure Centre,  
Tiller Road, E14.  
7987 5211

### Women's football

Train with East London Ladies  
FC at Whitechapel Sports  
Centre, Durward Street, E1.  
Mon, 8-9pm, ages 16+. Free.  
[www.eastlondonladiesfc.co.uk](http://www.eastlondonladiesfc.co.uk)

### Women's running

Network Group. Weds, 6.30pm.  
Mile End Stadium, Rhodeswell  
Road, E14.  
07958 368070

### Women's self-defence

Mons, 7-8.15pm, £5 adults/  
£3.50 children. John Orwell  
Sports Centre, Tench Street, E1.  
07949 597965



## Become a karate kid

Uechi-ryu Karate Club runs classes in Bethnal Green and Stepney – call 07957 252115 or visit...

[WWW.UECHIRYULONDON.CO.UK](http://WWW.UECHIRYULONDON.CO.UK)



## Training the coaches of the future

A four-day soccer coaches course organised by Stepney FC sees 16 people pass their FA Level 1 certificates, learning new skills including first aid, child protection and a practical exam.

SEE PAGE 33

## Sport

### Cricket

#### UEL are varsity champions

UNIVERSITY of East London are Varsity champions for the second year in succession after a 14-6 win over Middlesex.

The cricket team secured UEL's first points with a 42-run win before badminton and women's rugby added two more points.

Handball came from 14-8 down at half-time to win 22-21 and futsal (5-a-side football) added another point for UEL, coming back from 2-0 down to secure a 3-2 win.

Both hockey clubs secured impressive results. The men's team won 4-1 despite being two divisions below Middlesex and the women's team produced a solid performance to win 2-0.

It was an equally impressive day for netball. The first and second teams combined and dominated throughout their 39-26 win against a team four divisions above them.

Men's rugby joined handball and futsal in producing a dramatic comeback. They trailed at Barking but rallied to seal a 34-33 win while football had a mixed day at Memorial Park. The men's first team lost 5-1 to Middlesex, but the second team held off a late rally for a deserved 2-1 win. The women's team shaded a tight game by a single goal. Mixed volleyball secured a dominant win but, despite their best efforts, a stand-in women's basketball team were defeated by opponents who were British Universities and College Sport finalists this season.

Elsewhere there was a win for tennis, but men's basketball didn't take place so Middlesex got the point.

### Charity run

#### Canary Wharf jog

THE British Heart Foundation is inviting you to run, jog or walk round Canary Wharf on May 21 and boost the funds of the UK's number one heart charity.

To register for the Canary Wharf Jog call freephone 0845 130 8663 or visit [www.bhf.org.uk](http://www.bhf.org.uk) for more information or to download the registration form.

### Football

#### Hamlets seconds away from shock win

TOWER Hamlets came within seconds of springing a shock against top-of-the-table Great Wakering Rovers but the Essex side snatched a dramatic injury-time equaliser to get a 2-2 draw.

It was the league leaders' 106th league goal this season and the match could

have gone either way.

Tower Hamlets were two goals up at the break and looking likely to add to their tally.

Although Rovers pulled one back in the second half, Hamlets still looked like holding on to their slender lead as time started running out.

Then in injury time Bertie Brayley sealed a late point and there were a frantic few minutes when either team could

have won the game as they both pushed forward looking for the winner.

#### FC Hamlets up for the cup – twice

FC Hamlets are getting ready for a double cup assault that could climax their best season ever in the Essex Business Houses League.

On Saturday, May 3, they are

scheduled to face Peerscroft United in the London Cup final at Corinthian Casuals King Georges Field ground in Tolworth, Surrey.

Six days later they will be trying to complete the double against May and Baker in the Premier League cup final at Dagenham and Redbridge.

On top of that they are also in the semi-finals of the East Ham Memorial Cup and the Syd Morrell trophy.

# Tayla leads gold medal chase while Mercury keeps soaring

### KARATE

BY PETER FAULKNER

#### TAYLA O'Brien and Miles Mercury are proving that they are two Bethnal Green youngsters with big sporting futures.

Ten-year-old Tayla followed up her English karate title win with another golden display when she won the EKKa Eastern Counties crown.

Miles, 12, reached four finals for under-14 and under-16 boys at the Redbridge Easter Grade 4 and Connaught competitions.

And two wins and two defeats against older boys has seen Miles soar up the British rankings.

The Eastern Counties karate event proved to be a great competition all round for Bethnal Green's Uechi-ryu Karate Club with great performances from Mabel Wilson and Anii Elmi as well as Tayla.

Between them the talented trio picked up four medals – two of these for Tayla.

Her latest success came at the Northgate Sports Centre, Ipswich, beating club-mate Mabel who took the silver. Both girls were competing in the 4ft 2ins-4ft 8ins 3rd-1st kyu category.

Then Anii came third also in kumite to win bronze in his category – the boys 4ft 2ins-4ft 8ins, 6th-4th kyu.

And to complete a great day for the club Tayla also took silver in the mixed kata for ages 10-13.



Tayla, centre, with Anii Elmi and Mabel Wilson

After winning the first three rounds by a 3-0 margin, Tayla lost by one point in the final.

Coach Terry Daly said: "Four medals from three students at one tournament makes us very proud. They performed to the highest standard and are a credit to our club."

At the Redbridge Easter event Miles Mercury reached the final for 14-year-olds and the final for the 16-year-olds' competition, losing to Alex Curaba and number one

seed James Lee respectively.

Then he reached the finals of both the 14-and-under and 16-and-under Connaught championship and this time pulled off a brilliant double beating Harrison Varda and Luke Pike.

Both matches took place at the Connaught Club, Chingford and Miles saw his nation year age group rise from 1356th to 470th.

He puts it all down to early morning yoga. Miles, of Mansford Street, Bethnal Green, has



Miles Mecury with his mum Funmi

been getting up at 6am with his mum Funmi for yoga training and he believes this has helped his stamina.

His ranking in the national 14 years category has also improved dramatically, seeing him go from 395th to number 172 in the country. The two finals, which each lasted around two hours, had to be played the same day and with only a one-hour break in between.

But it earmarks Miles as a star of the future because at 12 he is

holding his own against boys up to four years older.

In the 14 years and under event Miles beat Marcus Leong 6-2, 6-0, Mikko Von Wielligh 6-4, 6-4, and Jack Pearso 6-1, 6-4, before losing 6-3, 6-2 to Curaba.

In the 16 years and under competition Miles beat James Beswik and Zayn Ahmed before a brilliant victory over number two seed Edward Willsher. He did not disgrace himself in the final losing 6-3, 7-6 to the number one seed James Lee.





## No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE PAGE 33

## Box clever

Four Repton boxers fought their way to the final part of the senior Amateur Boxing Association championships.

SEE HOW THEY DID AT [WWW.GBBOXING.ORG.UK](http://WWW.GBBOXING.ORG.UK)

## Sport

# Bowled over by new league

BY PETER FAULKNER

**VICTORIA Park is to host another cricket league this season following the success of a pilot run by Capital Kids Cricket and London Tigers.**

The Middlesex Community Cricket League, initiated by Middlesex Cricket Board and London Tigers, will start next month with 12 teams from Tower Hamlets plus teams from Southall and Paddington playing on Sundays.

The aim is to provide a competitive and affordable playing opportunity on the doorstep and to give young people a structured sporting activity.

It is hoped this will have a positive impact and the most talented players will be directed to higher level training.

The league was launched last week and league shirts were presented to the sponsors, Canary Wharf Group and Bangla Town cash & carry in Hanbury Street, Spitalfields.

The cost of entering a team is £650, but the league is subsidising £350, reducing the entry fee to only £300 per team – the lowest in London for a league providing a neutral umpire, match balls and pitch.

The Middlesex Cricket Board is the local governing body for cricket and affiliated the league.



Shahidul Alam, development manager for Middlesex Community Cricket League and Capital Kids Cricket, presents a shirt to Rafique Haider of Bangla Town cash and carry

■ THE Victoria Park Community Cricket League has started its summer programme and the draw has been made for each of the seven groups.

Dynamite Ducks, winners of the league title for the last two seasons, will be trying to complete the league and cup double they last achieved in 2009.

The mid-week league was formed more than 20 years ago to provide a wide range of people with access to competitive cricket. Some are more competitive than others, but the aim is that games are played

in a friendly and welcoming spirit. Men and women of all abilities are welcome.

All matches are played at Victoria Park with two competitions – the league and knockout cup – and each team consists of eight players, with a maximum of four overs per bowler and batsmen retiring at 50.

## May matches

**Conference Group A – round 3**  
**May 16** – Contenders v Chinatown; Old Fallopians v Number 10.

**Conference Group B – round 2**  
**May 15** – Bengal Tigers v Bradgate; **May 16** – Dynamite Ducks v Victoria Lounge.

**Group B – round 3**  
**May 23** – Bradgate v Victoria Lounge; Bengal Tigers v Dynamite Ducks.

**Conference Group C – round 2**  
**May 1** – Rose and Crown v Mad Moraccas; **May 2** – West Ham Bengali v Junoon.

**Group C – round 3**  
**May 19** – Mad Moraccas v

West Ham Bengali; Junoon v Rose and Crown.

**Conference Group D – round 2**  
**May 2** – Tawheed v Masiha; Nightwatchman v Tower Cavaliers.

**Group D – round 3**  
**May 19** – Nightwatchman v Tawheed; **May 21** – Masiha v Tower Cavaliers.

**Conference Group E – round 2**  
**May 13** – Sky v Homerton; **May 13** – New Boys v Best Nationals.

**Group E – round 3**  
**May 20** – Homerton v Best Nationals; New Boys v Sky.

**Conference Group F – round 2**  
**May 13** – London Tigers v Wrong 'Uns; London Fields v Regents.

**Group F – round 3**  
**May 20** – Wrong 'Uns v Regents; **May 21** – London Fields v London Tigers.

**Conference Group G – round 2**  
**May 14** – Island Community v Martians; Tower Hamlets v Crossrail.

**Group G – round 3**  
**May 21** – Tower Hamlets v Island Community; **May 23** – Martians v Crossrail.

## Basketball

IT wasn't a very memorable Easter for London Lions basketball fans, their team first crashing to a 102-94 defeat to Plymouth University Raiders at the Copper Box Arena on Good Friday and then suffering a 97-86 defeat at the hands of Manchester Giants on Easter Sunday.

Although Rod Brown opened the scoring for Lions in Stratford, the Raiders took the initiative as two quick threes and a break-away dunk from Nick George saw the visitors going up 23-13.

With four minutes 13 seconds remaining, Chez Marks had made it 87-83, but the visitors held their nerve to claim victory and give them a lifeline for the playoffs.

It took a superb fourth-quarter performance by Manchester Giants after the Londoners made it a one-point game early in the final period.

The Lions were due to play the two legs of the playoff quarter-final against Worcester Wolves as East End Life went to press.

## Hockey

WAPPING Hockey Club has been shortlisted for two England Hockey awards – chairman Stuart Burnside for club volunteer of the season and the Polar Bear Patrol for marketing campaign of the year.

Burnside said: "This is a wonderful recognition of the hard work that our many volunteers have put in to make this season one of the most action-packed in the club's history.

"As our 25th anniversary approaches, Polar Bear Patrol is a way to communicate what this club is about – a community in itself, but very much a part of the community of Wapping too."

## Rugby

MILLWALL Rugby Club has changed the date of its annual meeting because the season ran later this year. It will now take place on May 31 at 1pm.

The season over-ran because of the bad weather that caused pitches to be flooded, wrecking both the rugby and football fixture list.

# Repton four chasing ABA title glory

**FOUR Repton boxers are through to the final part of the senior ABA championships, taking place as East End Life went to press.**

The quartet are Harvey Horne and James Branch with Team GB reps Charlie Edwards and Sam McNess.

Horne, competing at 49kgs, got byes to this stage of the competition, while Branch, 91kg, won his two contests in the North East Divisional championships, and two contests in the London semi-finals and finals to

get to this stage of the competition – an impressive performance for a first-time entry in the senior ABAs.

Initially the British Amateur Boxing Association named ten English members of the GB boxing squad to be seeded in the quarter-finals of England Boxing's National Senior Elite Men's Championships 2014.

The ten boxers will join the tournament for the final stages, which will be held over three days at Echo Arena Liverpool.

The ten seeded boxers in-

clude seven members of GB Boxing's Podium Squad and three from its Podium Potential group. They include World and European Championship medallists and six former winners of the Elite National Championships.

One of the biggest names is 2011 European Championship bronze medallist, Repton's Charlie Edwards, boxing at flyweight.

■ WEST Ham Boxing Club trainer Mickey May has died aged 75. He leaves behind some great

memories and an endless list of champions.

I knew him well during my years as an east London boxing writer and he was the sort of man who commanded respect and got it. His greatest saying was: "I don't want the members to like me, just respect me."

Finding another trainer with Mickey's golden touch will be difficult.

It was fitting that after 30 years as Hammers trainer, Mickey, who produced more than 100 champions, was

named Coach of the Year by ABA England in 2012. PF

■ REPTON Boxing Club is set to pay host to old rivals Belfast Dockers at a dinner show in The Brewery in the City on May 16.

The club recently returned from the away match in Belfast having enjoyed a 5-3 win, but the Irish team won 5-4 when they came to London last year.

Tickets for the black tie or suit and tie function are £100 each and can be booked at 7739 8567 or 07939 034445.





**In for a gong**  
Wapping Hockey Club have been shortlisted for two England awards.



## Golden girl wins karate crown

Ten-year-old Tayla O'Brien follows up her English karate championship win last month with another golden display, winning the EKKA Eastern Counties crown in Ipswich.

SEE PAGE 34



TOWER HAMLETS

# eastendsport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Old Ford, the new kings of basketball

## Spring sports

AS the first signs of spring begin, residents have been taking up activities or getting back to sports they had lost interest in.

Better leisure centres across the borough have seen a 20 per cent increase in customers as people get fit and active with a heap of activities this spring.

Last month, the council and the Sports4Women programme organised a number of free events at York Hall, St George's and Tiller leisure centres.

The events allowed women to try their hand at lots of different sports from indoor rowing to cheerleading, with more than 300 women attending.

Other activities causing interest are lessons and courses on athletics at Mile End stadium, gymnastics at John Orwell sports centre, and trampoline at Whitechapel.

To book a place visit [www.better.org.uk/towerhamlets](http://www.better.org.uk/towerhamlets)

For more see page 33

BY PETER FAULKNER

### OLD Ford Primary School are the new kings of the basketball court and have won the right to represent Tower Hamlets in the 2015 School Games.

The occasion was the Tower Hamlets Sports Foundation's 3v3 basketball competition staged at St Paul's Way Trust School.

It attracted an entry of more than 70 budding basketball players, all determined to win the court crown.

The atmosphere was incredible as pupils cheered on their players while baskets were being scored.

The group stages were tough and, as the games wore on, two schools were beginning to

set apart themselves from the rest – Marion Richardson and Old Ford.

The semi-finals proved a unique affair as Marion Richardson A team took on Marion Richardson B team, while in the other semi-final Old Ford A team faced their B team. And it ended with the Marion Richardson B team battling out the final against Old Ford A.

The final proved as close as everyone predicted it would be and the game looked like ending all square at 2-2 as extra time loomed.

But out of the blue Old Ford managed to work their way round for a lay-up with seconds on the clock.

As the ball dipped into the basket off the backboard, all eyes turned to the officials and



within seconds the whistle was blown.

Abdal Ahmed, extra curriculum manager at Tower Hamlets Youth Sports Foundation, said: "Firstly, I would like to thank St Paul's Way Trust School for allowing us to use this fantastic facility, the borough's secondary schools have some great facilities and it is ideal when local primary schools get to use them.

"I would also like to say well done to Marion Richardson and Old Ford for reaching the finals.

"It was a super day with the standard of basketball very high. All the best to Old Ford who go onto represent Tower Hamlets in the School Games at Crystal Palace."

For details about Tower Hamlets Youth Sports Foundation call Abdal Ahmed on 7987 4811.

Old Ford winners Iain Teo, Nia Buckley, Rizwan Choudary, Joshua Ramsey, George Hoadley and Jamal Brown

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Some of the action on the day





## Fancy being a market trader?

Why not give it a go – you can try out a stall for just £10 a day

SEE PAGE 4



## What's cooking at Chrisp St?

Residents go On Air to share their views

SEE PAGES 18 & 19



## Party time at Tarling East

THCH hosts event to celebrate Bengali New Year

SEE PAGE 25

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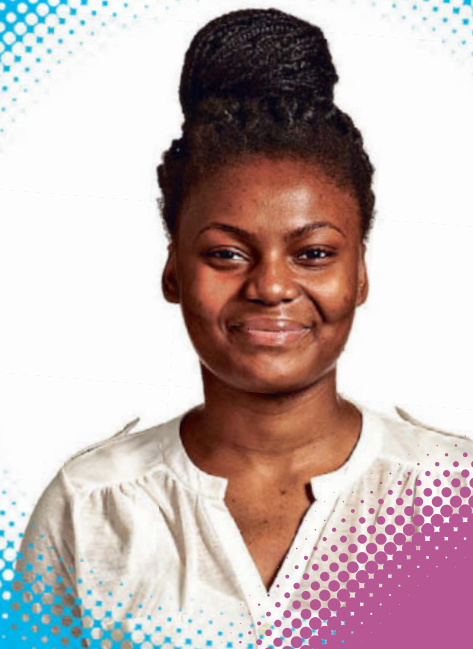
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